

bon appétit

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HEARTY,
COZY
RECIPES TO
COOK
RIGHT NOW
p. 50

Red Wine and Soy-Braised Short Ribs

MARCH 2019

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PLUS!

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Need Wine p. 91

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March

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March

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Condé Nast is a global media company producing premium content for more than 263 million consumers in 30 markets.

Published at One World Trade Center, New York, NY 10007

www.condenast.com www.condenastinternational.com

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Please write to *Bon Appétit*, P.O. Box 37617,

Boone, IA 50037-0617;

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Editor's Letter



The après-ski
vibes Adam
can only
dream of

The Ski Trip

► **OKAY, SO I REALIZE THIS MAY NOT BE** the most obvious opening line for an essay in a food magazine, but do you remember where you were when Lorenzo Charles grabbed a last-second air ball and dunked it, lifting one-in-a-million underdog NC State over Hakeem Olajuwon, Clyde Drexler, and the University of Houston in the NCAA men's basketball championship game?

I do. Spring break. 1983. I was sitting on one of those cheap fire-retardant sofas in a condo in Park City, Utah. By myself. I was 13 years old. And I'm pretty sure I had never been as happy as at that moment.

Earlier in the evening, my parents announced that they would be going out to dinner and, if I wanted to, I could hang back and order takeout.

If I wanted to. *Ha! Are you kidding me?*

I was at that age where I was young enough to think that going on vacation with my parents was still cool (my older brother and sister, on the other hand, opted to stay home in D.C. that week), but old enough that I craved some me time.

So, yes, you're damn right I stayed home that night. And for my coming-of-age meal, I called the local pizza joint and ordered a meatball sub, a side of fries, and an extra-large Coke. I still remember peeling open the foil on the hero, the red sauce soaked into the soggy roll, the sheets of melted mozzarella cloaking the plump, moist meatballs. No disrespect to my mom, who is a legit home cook, but I had never tasted anything so satisfying.

All these years later, that moment continues to resonate with me for two reasons, neither of which has anything to do with NC State coach Jim Valvano frantically running around the court, looking for someone to hug.

For one, as I've mentioned on this page before, I still love to dine alone—with my thoughts, with my particular food proclivities (why, yes, I will eat that entire take-out container of chicken fried rice, thank you very much), and with no one to please but myself.

But perhaps more significantly, I now have a son, who just turned 11. And for the past several years, my wife and I have taken him on a spring break ski trip to Jackson Hole, Wyoming.

Last March, for the first time, Marlon started asking for "Home Alone" time. Simone and I weren't sure what to do. Was he too young for us to leave on his own? What if we went out to dinner someplace really close by? He could just FaceTime us on his iPad if he needed to, right?

Cautiously, we gave it a shot. We snuck out a few doors down, and we told Marlon he could order whatever he wanted from room service—which turned out to be a cheeseburger and fries, along with an ice cream sundae (smart kid).

It all went off without a hitch—so well, in fact, that when we return to Jackson later this month, Simone and I might steal away to Teton Thai or Il Villaggio Osteria. Marlon will get his Home Alone time and we'll get our dinner and cocktails, no babysitter required. What's not to like?

Well, maybe the notion that day by day, our cute little kid no longer wants to spend every waking minute with Mom and Dad. But I have to believe that years from now, Marlon will look back on these trips to Jackson, and he'll remember some very specific things. Though probably not at all what Simone and I expect him to. Because, as any parent knows, we don't get to control that. We just get to go on vacation with our kid. At least for a few more years, while we're still cool enough for him.

ADAM RAPOPORT
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THE BAR? IT'S IN
THE BATHROOM

p. 12

Home

Recipes, Test Kitchen Know-How, and Essential Goods



KID-APPROVED
MEATBALLS

p. 14



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2 ▷

Dish of the Day

Stylish casserole: Sounds like an oxymoron, right? But between new color palettes from Le Creuset and surprising modern designs from small-batch ceramists, the most retro of servingware is looking very fresh.

○ 1. A+J Métissage Ceramic Casserole Dish, \$204; chicbasta.com

○ 2. La Chamba Clay 2-Qt. Casserole Dish, \$60; myloque.com

● 3. Le Creuset Stoneware Rectangular Baker with Platter Lid, \$145; williams-sonoma.com

○ 4. Open Casserole Dish, \$135; hanselmannpottery.com

● 5. Paul Eshelman Large Pot Luck Lucky Casserole, \$220; marshallha.com



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5



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▽



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4



PARTY PREP

Creating your own bathtub bar doesn't require much more than a few bags of ice, but here are some logistical things to keep in mind:

- Clean the tub and put away that loofah before you set up—this is a bar, not a day spa.

- Stock glasses, garnishes, and bottle openers outside the bathroom. This is strictly for storage; it's not a hangout zone.

- Store any and all ice directly in the tub and not, say, next to the radiator where it may melt and drip into your downstairs neighbors' apartment (sorry about that again, guys!).



Bathtub Gin

Who needs the fridge when you've got a tub? **Alison Roman** makes the case for setting up the bar in, yes, the bathroom

► PARTIES ARE A time to embrace the absurd, and if there is anything more absurd than filling your bathtub with an ungodly amount of ice and using it to store all your drinks for the evening, I don't want to know about it. This is something I do mostly out of necessity (though the photo op ain't bad either). See, the refrigerator in my Brooklyn apartment has the capacity for about seven items at a time, making it impossible to store an evening's worth

of wine and beer. Even if you're the owner of a regular-size fridge, chances are it's already stuffed with snacks for your party or things for your regular life (by which I mean condiments—your fridge is full of condiments).

So I do what any person serious about very cold drinks would do: I fill a bathtub or large kitchen sink halfway with ice, add all the beverages it can hold, then top with more ice. This accomplishes a couple

of things: First, it keeps every single can and bottle furiously cold and RTD (ready to drink). Second, it eliminates the temptation to buy that very "cool" steel ice bucket you'll use only twice a year and don't have space for anyway.

The real power move is to get your ice delivered to your door, but you can also ask your guests to show up to the party with a bag in tow. Most of my friends oblige—and most still like me after.

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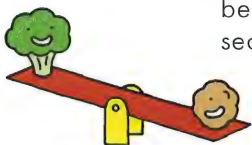


The sauce on these meatballs is a winner brushed on pork chops or chicken wings too.



Just Add Ketchup

When coaxing her kids to eat a healthy dinner turns into a battle of wills, a spoonful of their favorite condiment becomes **Deb Perelman's** secret weapon



► **OF ALL THE THINGS I EXPECTED** to happen in the realm of food once I had kids—a sharp uptick in Cheerios, peanut butter and jelly sandwiches, chicken tenders, and macaroni and cheese—broccoli was nowhere on that list. I ate it growing up (defrosted, steamed) but not with any enthusiasm. When I began cooking on my own, I was far too interested in leafy greens, broccoli rabe, and cauliflower for ho-hum broccoli trees to ever take center stage in my kitchen.

This changed when I got pregnant with my first child and my craving for iron-rich green vegetables—and especially broccoli—was constant. An attempt to

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re-create a cousin's broccoli slaw—thinly sliced raw florets tossed with almonds, dried cranberries, and a shallot buttermilk ranch—led to my eating the entire giant bowl standing in the kitchen that day. This recurred many, many times over the course of my pregnancy. I joked that my son would be at least 25 percent broccoli by the time he was born, and sure enough, it was the vegetable he took to the most as a toddler. His younger sister is (thankfully) no different, and so I've gone from being a person who probably bought broccoli a single time in the decade before I had kids to buying it twice a week. I could get a Ph.D. in broccoli.



This was an instance in which my kids' sometimes ridiculous tastes were a stroke of culinary genius.

I also make a whole lot more meatballs than I ever expected to as a parent—and not just the kind that swim in marinara sauce on top of spaghetti. Ground meat plus lots of seasonings has proven to be a useful formula in my weeknight cooking, and meatballs also happen to make great leftovers. So it was only a matter of time before I thought to combine our family's favorite vegetable and protein in a single sheet pan dinner.

Inspired by tsukune, the Japanese grilled chicken meatballs, I recently made a batch filled with scallions, ginger, garlic, a bit of panko, and toasted sesame oil and roasted them on a single sheet pan with broccoli florets and stems. I made a bright ginger-scallion relish for drizzling over and served it all with a side of brown rice for what I was sure would be a dinner home run. Instead, both children loudly expressed their displeasure and demanded ketchup to make it palatable.

Ketchup?! I'm not someone who finds America's favorite distantly vegetal condiment appalling. I rather like it on fries and burgers, and I don't expect my kids to eat chicken tenders with Sriracha (yet). But broccoli and meatballs and rice with...ketchup? Under my roof? Do I have to?

It turns out they were onto something. I remembered that tsukune are often served with tare, a thick and glossy soy-based sauce with teriyaki vibes. So the next time I made the meatballs and broccoli, I served them with a sweet-sour sauce I whisked together from ingredients I had lying around, such as Worcestershire sauce, soy, honey, and...(drumroll)...ketchup! This did the trick with the kids, but I was surprised to find myself won over too—the meatballs are totally better this way. It turns out this was an instance in which my kids' sometimes ridiculous tastes were, for once, a stroke of deep culinary genius—but don't tell them that. ■



Sheet-Pan Chicken Meatballs and Charred Broccoli

4 SERVINGS *This dinner comes together on a baking sheet, and the sauce will win over any choosy eater.*

SAUCE

- $\frac{2}{3}$ cup ketchup
- $\frac{1}{4}$ cup Worcestershire sauce
- 2 Tbsp. rice cooking wine or water
- 2 Tbsp. honey
- 4 tsp. soy sauce
- 1 $\frac{1}{2}$ " piece ginger, peeled, finely grated
- $\frac{1}{2}$ tsp. freshly ground black pepper

MEATBALLS AND ASSEMBLY

- 2 heads of broccoli (about $1\frac{1}{2}$ lb.)
- 2 Tbsp. vegetable oil, divided
- $2\frac{1}{2}$ tsp. kosher salt, divided
- Crushed red pepper flakes (optional)
- 1 lb. ground chicken
- 1 large egg, beaten to blend
- 4 scallions, thinly sliced
- 2 garlic cloves, finely grated
- 1 2" piece ginger, peeled, finely grated
- $\frac{1}{3}$ cup panko (Japanese breadcrumbs)
- 1 Tbsp. toasted sesame oil
- $\frac{1}{4}$ tsp. freshly ground black pepper
- Cooked rice and sesame seeds (for serving)

SAUCE Mix ketchup, Worcestershire sauce, wine (if using), honey, soy sauce, ginger, and pepper in a small saucepan. Measure out $\frac{1}{4}$ cup mixture into a small bowl; set aside for glazing meatballs later. Bring remaining mixture to a simmer over medium-high heat, stirring occasionally and reducing heat if needed, until sauce thickens, about 5 minutes. Transfer sauce to a small bowl.

MEATBALLS AND ASSEMBLY Place a rack in upper third of oven; preheat to 450°. Line a rimmed baking sheet with foil. Trim broccoli stems and remove from crown. Peel off tough outer skin; slice crosswise into $\frac{1}{2}$ " pieces. Cut florets into 2" pieces. Toss on prepared baking sheet with 1 Tbsp. vegetable oil, 1 tsp. salt, and a few pinches of red pepper flakes (if using). Push to the edges of baking sheet to create a space for meatballs. Brush space with remaining 1 Tbsp. vegetable oil.

Mix chicken, egg, scallions, garlic, ginger, panko, sesame oil, pepper, remaining $1\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ cup water in a medium bowl. Using wet hands, form into twelve $1\frac{1}{2}$ "-diameter meatballs. Arrange on baking sheet; brush with some of the reserved glazing mixture. Bake until meatballs are cooked through, 14–18 minutes. Remove from oven; heat broiler. Brush meatballs with remaining glazing mixture; broil until broccoli is charred and meatballs are browned in spots, about 5 minutes.

Spoon meatballs and broccoli over rice in bowl. Drizzle with sauce and sprinkle with sesame seeds.



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A condensed guide to cooking with:

Canned Tomatoes

The
101

BUYING

Choose cans with the **fewest ingredients**: We prefer tomatoes packed with salt, but avoid sugar, garlic, or any preservatives other than calcium chloride and citric acid.

STORING

For best flavor, use within 18 months. Once a can is open, **transfer any leftover contents to a glass or plastic container** to avoid a metallic taste and refrigerate for up to one week.

With a can of tomatoes, you're on your way to...



SLOW-ROAST FOR THE MOST

Drain **two 28-oz. cans whole peeled tomatoes**. Gently crush and transfer to a rimmed baking sheet where they'll fit snugly. Season with **salt**, drizzle with **¼ cup olive oil**, and roast at 250°, tossing twice, 2–2½ hours. Coarsely chop, then mix with cooked grains and Parm, fold into scrambled eggs, or toss with pasta.



What's a San Marzano?

Sweet and low acid, with firm, thick flesh, the **San Marzano** is a super-hyped plum tomato that racks up a hefty price. Certified San Marzanos are grown in the region of Campania in Italy, while those grown elsewhere are technically wannabes. But certification doesn't guarantee flavor, so ignore the marketing and find a brand you love.

The Golden Rule

Canned tomatoes should always be cooked and have no place in a BLT or salsa fresca. A long simmer in soups, braises, and sauces will soften them up, concentrate their flavors, and get rid of any bitter or tinny tastes.

SIMPLEST SAUCE

Purée **one 28-oz. can whole peeled tomatoes** in a food processor. Transfer to a heavy pot; add **3 smashed garlic cloves**, **5 Tbsp. olive oil**, and a **pinch of salt**. Bring to a boil and cook, stirring, until reduced by a third, 20 minutes. Stir in **2 Tbsp. unsalted butter**.

Cherry on Top

For extra sweetness and texture in stews, braises, and sauces, seek out canned cherry tomatoes. We like those from Parma-based company Mutti. (\$4 for 14 oz.; jet.com)



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WHOLE PEELLED

Packed in juice or purée, it's the versatile matriarch of all the rest. When in doubt, stock this can: It can be turned into the other types in a pinch.

CRUSHED

A mix of smushed tomatoes and juices, it's a handy shortcut to smooth sauces or soups. Look for "no added purée" to avoid weird thickness.

DICED

Tomato chunks in juice, often with added calcium chloride to help the pieces stay firm. Use only when you want distinct bits of tomato.

FIRE-ROASTED

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Cold-Weather Comforts

Our March motto: Love the one you're with. Instead of dreaming of corn and tomatoes, we're turning winter mainstays and faithful pantry staples into warming yet invigorating meals—gingery chicken soup, honey-glazed pork chops, loaded sweet potatoes—that will power us through the rest of the season. Spring who?



△
DATE NIGHT
PORK CHOP
P. 22



Each of the recipes in this section:

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—

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—

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Date Night Pork Chop

A honey-shellacked chop, a sharp salad to break through the porky richness, and—best news yet—just one pan and bowl to clean

2 SERVINGS

- 1 1-lb. bone-in pork loin chop (1"–1½" thick)
- Kosher salt, freshly ground pepper
- 3 tsp. honey, divided
- 5 Tbsp. extra-virgin olive oil, divided
- 3 Tbsp. skin-on hazelnuts, crushed
- 1 medium shallot, finely chopped

- 1 lemon, halved
- 1 small Pink Lady apple
- 1 large or 2 small endive, leaves separated
- 1 oz. Parmesan, shaved, broken into small pieces

► **1.** Pat pork chop dry with paper towels; season generously with salt and pepper. Let sit at room temperature 1 hour.

2. Heat a medium skillet, preferably cast iron, over medium. Drizzle ½ tsp. honey over 1 side of pork chop, then drizzle with 1 Tbsp. oil. Rub all over; repeat on the other side. Cook until deeply browned, about 3 minutes per side. Turn upright onto fat cap and hold with tongs; cook until browned, about 2 minutes. Reduce heat to low; cook 1 more minute on each side (an instant-read thermometer inserted about ½" from bone should register 130°; cook another minute if needed). Transfer to a cutting board and let rest 10 minutes.

3. Add hazelnuts and 2 Tbsp. oil to same skillet; cook over medium-low heat, tossing, until nuts are golden, about 3 minutes. Add shallot; season with salt and pepper. Cook, stirring often, until shallot is softened and browned, about 2 minutes. Add remaining 2 tsp. honey and squeeze in juice from a lemon half; toss well. Remove from heat.

4. Cut around apple core to remove flesh in 3 lobes. Thinly slice 2 lobes (do as you will with remaining apple). Toss apple slices, endive, and Parmesan in a medium bowl; season with salt and pepper. Drizzle with remaining 1 Tbsp. oil, squeeze in juice from remaining lemon half, and toss again.

5. Cut bone away from pork chop and slice meat ½" thick. Arrange on a plate and drizzle juices over. Mound salad alongside and spoon hazelnut mixture over.



To neatly crush hazelnuts, spread on a cutting board and use the bottom of a heavy skillet to break them into pieces.



 Make Sargento caramelized leek and prosciutto pizza

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*No significant difference has been shown between milk derived from rBST treated and non-rBST treated cows

**Our cheese is made from milk that does not contain antibiotics

Rigatoni with Easy Vodka Sauce

Lucky for you, you probably have most of the ingredients for this luscious tomato-packed sauce in your kitchen right now

4 SERVINGS

Kosher salt
2 Tbsp. extra-virgin olive oil, plus more for drizzling
1 medium onion, finely chopped
4 garlic cloves, smashed
1 4.5-oz. tube double-concentrated tomato paste

½ tsp. crushed red pepper flakes
2 oz. vodka
¾ cup heavy cream
1 lb. rigatoni
4 oz. Parmesan, finely grated
Basil leaves (for serving)

► 1. Bring a large pot of salted water to a boil.

2. Meanwhile, heat 2 Tbsp. oil in a large Dutch oven or other heavy pot over medium. Cook onion and garlic, stirring constantly, just until onion is starting to brown around the edges, 5–7 minutes. Add tomato paste and red pepper flakes and stir to coat onion. Cook, stirring often, until paste is deep red and starting to brown and stick to the bottom of pot, 5–7 minutes. Add vodka, scraping up brown bits; reduce heat to low.

3. Using a heatproof measuring glass, scoop out about ¼ cup boiling water from pot and add heavy cream. Stirring constantly, gradually pour cream mixture into onion mixture and cook, stirring, until a smooth sauce forms. Remove from heat.

4. Cook pasta in the pot of boiling water, stirring occasionally, until al dente. About 1 minute before pasta is done, scoop out 1 cup pasta cooking liquid.

5. Return Dutch oven to low heat. Using a slotted spoon, transfer pasta to Dutch oven. Stir in ½ cup pasta cooking liquid, then gradually add half of Parmesan, stirring constantly to melt. Pasta should be coated with a smooth, glossy sauce. Season with salt; add more pasta cooking liquid if sauce is too thick.

6. Divide pasta among bowls. Top with basil and remaining Parmesan and drizzle with a little oil.





IT'S NOT JUST A MUSHROOM, IT'S A *Truffle*

IT'S NOT JUST OLIVE OIL, IT'S *Extra-Virgin*

IT'S NOT JUST CHEESE, IT'S *Parmigiano-Reggiano*

IT'S NOT JUST A MEAL, IT'S *Collezione*



MASTERS OF PASTA

Elevate every meal with Collezione. Bronze cut for a texture that perfectly holds sauces every time.

Honey-Glazed Brussels Sprouts

By preheating the baking sheet, you'll ensure that every sprout in this goes-with-anything side has that irresistible crispy edge

4 SERVINGS

1 ½ lb. brussels sprouts, trimmed, halved
¼ cup extra-virgin olive oil
½ tsp. kosher salt, plus more
Freshly ground black pepper
¼ cup honey
⅓ cup sherry vinegar or red wine vinegar

¾ tsp. crushed red pepper flakes (optional)
3 Tbsp. unsalted butter
3 scallions, thinly sliced on a diagonal
1 tsp. finely grated lemon zest

► **1.** Place a rack in bottom third of oven and set a rimmed baking sheet on top; preheat oven to 450°. Toss brussels sprouts and oil in a large bowl; season with salt and black pepper.

2. Carefully remove baking sheet from oven. Using tongs, arrange brussels sprouts, cut side down, on baking sheet. Roast on bottom rack until tender and deeply browned, 20–25 minutes.

3. Meanwhile, bring honey to a simmer in a small saucepan over medium-high heat. Reduce heat to medium-low and cook, stirring often, until honey is a deep amber color but not burnt (it will be foamy), about 3 minutes. Remove from heat; add vinegar and red pepper flakes, if using, and whisk until sauce is smooth (it will bubble quite aggressively when you first add the vinegar). Set saucepan over medium heat, add butter and remaining ½ tsp. salt, and cook, whisking constantly, until glaze is glossy, bubbling, and slightly thickened, about 4 minutes.

4. Transfer brussels sprouts to a large bowl. Add glaze and toss to coat. Transfer to a platter and top with scallions and lemon zest.



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total fat; Butter 7 g sat
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IMFINZI SIGNIFICANTLY REDUCED THE CHANCE OF LUNG CANCER SPREADING

IMFINZI may not work for everyone.

IMFINZI was studied in 713 patients with unresectable Stage 3 NSCLC who completed at least 2 cycles of chemotherapy that contained platinum given at the same time (concurrent) as radiation before starting the trial. Patients in the study had good performance status (WHO 0 or 1). IMFINZI was tested against placebo (no medication).

The main goal of the trial was to measure the length of time people remained progression free (without cancer growing or spreading) and overall survival. At the time of analysis, overall survival comparison was not yet available. This trial is still ongoing.

WHO IS IMFINZI FOR?

IMFINZI® (durvalumab) is a prescription medicine used to treat a type of lung cancer called non-small cell lung cancer (NSCLC). IMFINZI may be used when your NSCLC has not spread outside your chest, cannot be removed by surgery, and has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about IMFINZI?

IMFINZI is a medicine that may treat a type of lung cancer by working with your immune system.

IMFINZI can cause your immune system to attack normal organs and tissues and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death.

Call or see your healthcare provider right away if you develop any symptoms of the following problems or if these symptoms get worse:

Lung problems (pneumonitis). Signs and symptoms may include new or worsening cough, shortness of breath, and chest pain.

Liver problems (hepatitis). Signs and symptoms may include yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stomach area (abdomen), drowsiness, dark urine (tea colored), bleeding or bruising more easily than normal, and feeling less hungry than usual.

Intestinal problems (colitis). Signs and symptoms may include diarrhea or more bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; and severe stomach-area (abdomen) pain or tenderness.

Hormone gland problems (especially the thyroid, adrenals, pituitary, and pancreas). Signs and symptoms that your hormone glands are not working properly may include headaches that will not go away or unusual headaches; extreme tiredness; weight gain or weight loss; dizziness or fainting; feeling more hungry or thirsty than usual; hair loss; feeling cold; constipation; your voice gets deeper; urinating more often than usual; nausea or vomiting; stomach-area (abdomen) pain; and changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness.

Kidney problems, including nephritis and kidney failure. Signs of kidney problems may include decrease in the amount of urine, blood in your urine, swelling of your ankles, and loss of appetite.

Skin problems. Signs may include rash, itching, and skin blistering.

Problems in other organs. Signs and symptoms may include neck stiffness; headache; confusion; fever; chest pain, shortness of breath, or irregular heartbeat (myocarditis); changes in mood or behavior; low red blood cells (anemia); excessive bleeding or bruising; muscle weakness or muscle pain; blurry vision, double vision, or other vision problems; and eye pain or redness.

WITH STAGE 3 LUNG CANCER

I'M IN WITH IMFINZI

TO CONTINUE FIGHTING MY CANCER AFTER CRT

FIRST & ONLY TREATMENT APPROVED
for people with unresectable Stage 3 non-small cell lung cancer (NSCLC)
whose disease has not progressed following concurrent
chemoradiation therapy (CRT).

IMFINZI is an immunotherapy. People receiving IMFINZI had a 48% lower chance of lung cancer growing or spreading than those receiving placebo (no medicine). It was also proven to give people 3x more time without their cancer spreading compared with placebo.* Before IMFINZI, the last 10 years showed only limited advancements to the current standard of care for unresectable Stage 3 NSCLC.

*In a clinical trial, the median time tumors did not grow or spread was 16.8 months for the 476 patients receiving IMFINZI compared with 5.6 months for the 237 patients receiving placebo. Median is the middle number in a group of numbers arranged from lowest to highest. Individual results may vary.

ASK YOUR DOCTOR ABOUT IMFINZI. VISIT IMFINZI.COM

Severe infections. Signs and symptoms may include fever, cough, frequent urination, pain when urinating, and flu-like symptoms.

Severe infusion reactions. Signs and symptoms may include chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, fever, feeling like passing out, back or neck pain, and facial swelling.

Getting medical treatment right away may help keep these problems from becoming more serious. Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may delay or completely stop treatment with IMFINZI if you have severe side effects.

Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you have immune system problems such as Crohn's disease, ulcerative colitis, or lupus; have had an organ transplant; have lung or breathing problems; have liver problems; or are being treated for an infection.

If you are pregnant or plan to become pregnant, tell your healthcare provider. IMFINZI can harm your unborn baby. If you are able to become pregnant, you should use an effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about which birth control methods to use. Tell your healthcare provider right away if you become pregnant during treatment with IMFINZI.

If you are breastfeeding or plan to breastfeed, tell your healthcare provider. It is not known if IMFINZI passes into breast milk. Do not breastfeed during treatment with IMFINZI and for at least 3 months after the last dose of IMFINZI.

Tell your healthcare provider about all the medicines you take. This includes prescription and over-the-counter medicines, vitamins, and herbal supplements.

What are the possible side effects of IMFINZI?

IMFINZI can cause serious side effects (see earlier).

The most common side effects in people with non-small cell lung cancer (NSCLC) include cough, feeling tired, inflammation in the lungs (pneumonitis), upper respiratory tract infections, shortness of breath, and rash.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information.

Call your healthcare provider for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of complete Prescribing Information on the following page.

If you cannot afford your medications, AstraZeneca may be able to help. Visit AstraZeneca-us.com to find out how.

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IMPORTANT INFORMATION ABOUT IMFINZI® (im-FIN-zee) (durvalumab) INJECTION



WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMFINZI?

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- drowsiness
- dark urine (tea colored)
- bleeding or bruising more easily than normal
- feeling less hungry than usual

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Signs and symptoms that your hormone glands are not working properly may include:

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- extreme tiredness
- weight gain or weight loss
- dizziness or fainting
- feeling more hungry or thirsty than usual
- hair loss
- changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- feeling cold
- constipation
- your voice gets deeper
- urinating more often than usual
- nausea or vomiting
- stomach area (abdomen) pain

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- blood in your urine
- swelling of your ankles
- loss of appetite

Skin problems. Signs of these problems may include:

- rash
- itching
- skin blistering

Problems in other organs. Signs and symptoms may include:

- neck stiffness
- headache
- confusion
- fever
- chest pain, shortness of breath, or irregular heartbeat (myocarditis)
- changes in mood or behavior
- low red blood cells (anemia)
- excessive bleeding or bruising
- muscle weakness or muscle pain
- blurry vision, double vision, or other vision problems
- eye pain or redness

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- fever
- cough
- frequent urination
- pain when urinating
- flu-like symptoms

Severe infusion reactions. Signs and symptoms of severe infusion reactions may include:

- chills or shaking
- itching or rash
- flushing
- shortness of breath or wheezing
- dizziness
- fever
- feel like passing out
- back or neck pain
- facial swelling

Getting medical treatment right away may help keep these problems from becoming more serious.

Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may delay or completely stop treatment with IMFINZI, if you have severe side effects.

WHAT IS IMFINZI?

IMFINZI is a prescription medicine used to treat:

- a type of lung cancer called non-small cell lung cancer (NSCLC). IMFINZI may be used when your NSCLC:
 - has not spread outside your chest
 - cannot be removed by surgery, **and**
 - has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have had an organ transplant
- have lung or breathing problems
- have liver problems
- are being treated for an infection
- are pregnant or plan to become pregnant. IMFINZI can harm your unborn baby. If you are able to become pregnant, you should use an

effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about birth control methods that you can use during this time. Tell your healthcare provider right away if you become pregnant during treatment with IMFINZI.

- are breastfeeding or plan to breastfeed. It is not known if IMFINZI passes into your breast milk. Do not breastfeed during treatment and for at least 3 months after the last dose of IMFINZI.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

HOW WILL I RECEIVE IMFINZI?

- Your healthcare provider will give you IMFINZI into your vein through an intravenous (IV) line over 60 minutes.
- IMFINZI is usually given every 2 weeks.
- Your healthcare provider will decide how many treatments you need.
- Your healthcare provider will test your blood to check you for certain side effects.
- If you miss any appointments, call your healthcare provider as soon as possible to reschedule your appointment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF IMFINZI?

IMFINZI CAN CAUSE SERIOUS SIDE EFFECTS, INCLUDING:

SEE "WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMFINZI?"

The most common side effects of IMFINZI in people with NSCLC include:

- cough
- feeling tired
- inflammation in the lungs (pneumonitis)
- upper respiratory tract infections
- shortness of breath
- rash

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information. Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

GENERAL INFORMATION ABOUT THE SAFE AND EFFECTIVE USE OF IMFINZI.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. If you would like more information about IMFINZI, talk with your healthcare provider. You can ask your healthcare provider for information about IMFINZI that is written for health professionals.



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◀ The Bar

Reitz and Mink nabbed their early 1900s Brunswick bar—prized in the antiques game—from an old tavern in Philly. The sapele counter and triple-arched backbar provide a nostalgic yet energetic focal point to the space.



The Last Supper

Decor isn't limited to the dining room. Inside the open kitchen, chef John Amato tosses pizza beside a mural of Andy Warhol's colorful rendition of Leonardo da Vinci's *Last Supper*, made by customizable wallpaper company Flavor Paper.



Artichokes alla Romana



The Seats

"We didn't want the room to feel too fancy," Reitz says. To offset the white tablecloths, a cushy moss-green vinyl banquette hems the back wall, paired with retro diner-style vinyl chairs. Mod persimmon barstools are "thick, wide-butt, really padded, and wildly comfortable."



▲ The Shakerato Machine

Purchased on eBay, this Le Jie double-cup automated cocktail shaker is the only one in Charleston. Reitz first spotted a similar model frothing coffee at Rome's Sant'Eustachio il Caffè. Here it lathers up bitter grapefruit cocktails and icy glasses of Branca Menta.

A Chef's Life

She dreamed of opening her own restaurant. Then **Fatima Ali** learned she had a year left to live

► **I USED TO WORK SEVEN-DAY WEEKS,** 14-hour days. I'd get home at 1 a.m. after pulling a dinner shift, then wake up three hours later for a private breakfast party. It was exhausting, but you know what? If I had to do it all again, I wouldn't change anything. I lived like a rock star. Working in restaurants makes you understand what a human is capable of.

— **IN 2017 I GOT DIAGNOSED WITH A RARE FORM OF CANCER** called Ewing sarcoma. I had just filmed *Top Chef*, and I had this weird ache in my shoulder that I'd been ignoring. Then one day, it swelled up huge. Pain was mounting by the minute. I remember the doctor at the hospital was exceptionally handsome. I'm standing there crying my eyes out and this guy could be on a runway. Later that day, he calls me on my cellphone, and I'm like, "Ooh, this hot doctor's asking me out." But instead he says, "I want to refer you to an oncologist."

— **I DID EIGHT ROUNDS OF CHEMO.** It was horrible, but at the end, my scans were clear. I thought I'd beaten it. Then in September 2018, it came back worse than before—metastatic. The doctors told me I had a year to live.

— **THE FIRST THING I DID AFTER THAT WAS DYE MY HAIR PLATINUM BLONDE.** I thought, I'm dying, so why not? Then I had one more round of chemo and all my frickin' hair fell out again. That was hard, but I was done feeling sorry for myself. Even now it could be so much worse. So I'm using cancer as an excuse to get things done. It's easy to spend weeks in my pajamas watching *Gossip Girl*. And don't get me wrong, I still watch *Gossip Girl*. But now I'm going out to eat. Making vacation plans. Cooking. Writing.

— **MY BROTHER AND I HAVE CHALLENGED OURSELVES TO WRITE A RECIPE A DAY—** spaghetti, braised lamb with Pakistani spices. Things people will actually make. One day he'll turn them into something. I'm planning a trip to Europe. I want to eat phenomenal Parmesan and fresh buffalo mozzarella and real Italian tomatoes and fresh pasta with good olive oil. That's all I f*cking want. I DM'd Noma—"I'm coming to town. Could you make a spot for me?"—and received a reply from René Redzepi. Turns out people respond when you tell them you're dying of cancer.

— **OF COURSE THERE ARE DAYS THAT I'M EXCEPTIONALLY AFRAID,** when I sit alone and cry because I don't want to do it in front of my family. There are other days we all sit down and cry together. But you can't let fear cripple you. It's harder being miserable than it is to be happy. —AS TOLD TO HILARY CADIGAN

On January 25, just as we went to press, Fatima Ali passed away at the age of 29.





THE CARB OF
OUR DREAMS

p. 43

Away

Go here. Eat this. Drink that. Right this minute.



GET TIPS
IN STYLE

p. 48



FRONT AND CENTRAL

If you ever make
it to Hong Kong,
head directly here:
Central, where
you'll find tasty riffs
on Cantonese
classics alongside
time-tested
favorites.

ILLUSTRATIONS BY LAUREN TAMMACH

PHOTOGRAPH BY MARCUS HILLSON

MARCH 2019 • 35

A road map to Central, the most delicious district in

Hong Kong

► I COULDN'T REALLY CALL MYSELF a Hong Kong resident until I knew Central like the back of my hand. The harborfront neighborhood, once a key location for the British when they arrived in the 1840s, bridges old-world and new-wave Hong Kong. But after being handed back to China by the Brits 22 years ago, Central is still, well, central. It's the pulsating heart of this mile-a-minute metropolis. There are trailblazing neon-hued restaurants pushing the boundaries of Cantonese cuisine alongside iconic noodle shops and barbecue joints going strong after decades in the business. So whether you're a tourist passing by or those who know the district like the back of their hand, Central's still got it. — JANICE LEUNG HAYES



OLD-SCHOOL

Shui Kee

Dai pai dong, or street food stalls, used to be all over the city, but they're an increasingly rare sight. Thankfully I still have Shui Kee. Chef-owner Kin-wing Lam's family has been operating the stand for almost 80 years, serving its signature beef brisket stew, which is fortified with tendon, offal, and either thin egg noodles or wide rice noodles (I like both). Unlike most beef brisket noodle shops in Hong Kong, Lam relies on fresh beef instead of frozen, perhaps the secret to his flavor-packed soup.

The Chairman

Although it's barely a decade old, The Chairman is already a classic thanks to its insistence on reviving traditional Cantonese recipes. Reading through the menu is like perusing a history book. Long-forgotten dishes make an appearance, like the labor-intensive gold-coin chicken, a platter of tiny open-face sandwiches layered with barbecued chicken liver, barbecued pork, and pork fat. For mains, don't miss the fragrant native flower crab, steamed with chicken fat and Huadio rice wine.

Mak's Noodle

Legend has it that the Mak family invented shrimp wonton noodle soup back in the 1920s as a late-night snack for the social elite (prawns were pricey then!). These days the family is making wontons for the people, packing in locals and tourists in this no-frills spot. Served in an umami-rich pork and dried flounder broth with thin bouncy noodles, these wontons are

ESSENTIALS



The Hot Spots

- Beet
- The Chairman
- Happy Paradise
- Ho Lee Fook
- Mak's Noodle
- Shui Kee
- Vea
- Yat Lok

When to Visit

November to March, when the weather is cooler

Where to Stay

The Landmark Mandarin Oriental for a luxe, centrally located stay

What to Bring Back

Kowloon Soy Company's light sun-dried soy sauce



↑ Next-level sweet-sour pork at Happy Paradise

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↑ The king of Cantonese barbecue: glistening roast goose at Yat Lok



↑ The shrimp wonton noodle soup scene at Mak's Noodle

textbook perfect. Residents judge wontons by the wrapper's thinness and its goldfish qualities, the loose ends of the wonton that float in the soup like tails. Mak's hits all the marks.

Yat Lok

Siu lap, the Cantonese style of barbecue, is an essential part of any local's diet, and the most prized of all that meaty goodness is goose, with its gamey flavors and beautifully rendered fat. Few renditions are better than Yat Lok's crispy-skinned, toffee-hued goose rubbed with a secret blend of spices and roasted in barrel-shaped ovens. Be warned: The lunchtime queues can stretch half a block. Instead, I go off-peak, between 3 and 6 p.m., for those juicy goose legs over rice noodles.

NEW-SCHOOL

Beet

Farm to table isn't really a thing in Hong Kong; farming waned as the old port city's overseas commerce flourished. But now a small movement is bubbling up, thanks in part to chef Barry

Quek of Beet. Quek relies on nearby farms for seasonal produce like gai lan shoots and marigolds and gives them a Nordic spin (think gai lan drizzled with a whey sauce and strawberry-swirled marigold ice cream). In step with the farm-to-table ethos, the menu changes constantly, but I always order a snack, like a spring pea tartlet topped with frozen goat cheese, and any of the excellent natural wines.

Happy Paradise

Chef May Chow is best known for Little Bao, a Chinese burger bar. But her new venture, Happy Paradise, takes even bolder steps into expanding contemporary Cantonese cooking. Dishes like sweet-sour pork chop and barbecued pork over rice give Hong Kong staples a little refresh, while others, like sourdough egg waffles with whipped bottarga, take a classic street snack to a whole new level. She does it all without taking herself too seriously—and I can't either, with cheesy '90s Cantopop blasting and neon signs reminiscent of a massage parlor hanging in the space.



WHERE TO DRINK

La Cabane Wine Bistro

Get your natural wine fix at this French bar stocked with cult bottles.

The Chinnery

It feels like the kind of pub that past fancy-pants Brits frequented.

The Old Man

A subterranean den of cocktail wizardry, stirring up innovative drinks (banana peel tinctures!).

PDT Hong Kong

The same attention to detail as the New York original reigns at this swanky hotel outpost.

Piqniq

Kicking back with a cocktail at this whimsical rooftop bar is the best way to enjoy Hong Kong's iconic skyline.

Ho Lee Fook

Every inch of this restaurant is tongue in cheek, from the entryway wall lined with Japanese lucky cats (which are mistakenly attributed to Chinese culture), to the name, which roughly translates to mouth and good fortune (and sounds like something else in English). But that's part of the charm of Hong Kong's most popular modern Chinese restaurant. Here, executive chef Jowett Yu riffs on iconic dishes: He swaps crab for corn in stir-fried typhoon shelter crab with heaps of fried shallots, garlic, and chiles. The only thing he doesn't mess with is his mom's "mostly cabbage, a little bit of pork" dumplings. They're already outstanding.

Vea

Tucked away in an office block, this tasting-menu-only restaurant weaves Chinese and French cooking. A Daniel Boulud protégé, executive chef Vicky Cheng relies on French technique to make the food he grew up with in Hong Kong, like whole goose glazed with Chinese preserved-apricot candy and served with a classic French truffle sauce.

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The Cookbook
From the Editors of **epicurious**



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The 30-Day Plan
for Faster, Healthier, Happier Me

DAVID TAMARKIN
and the Editors of **epicurious**



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Not actual patients.

Indications and Usage

What is Saxenda®?

Saxenda® (liraglutide) injection 3 mg is an injectable prescription medicine that may help some adults with excess weight (BMI ≥ 27) who also have weight-related medical problems or obesity (BMI ≥ 30) lose weight and keep the weight off. Saxenda® should be used with a reduced-calorie meal plan and increased physical activity.

- Saxenda® is not for the treatment of type 2 diabetes
- Saxenda® and Victoza® have the same active ingredient, liraglutide, and should not be used together
- Saxenda® should not be used with other GLP-1 receptor agonist medicines
- Saxenda® and insulin should not be used together
- It is not known if Saxenda® is safe and effective when taken with other prescription, over-the-counter, or herbal weight-loss products
- It is not known if Saxenda® changes your risk of heart problems or stroke or of death due to heart problems or stroke
- It is not known if Saxenda® can be used safely in people who have had pancreatitis
- It is not known if Saxenda® is safe and effective in children under 18 years of age. Saxenda® is not recommended for use in children

Important Safety Information

What is the most important information I should know about Saxenda®?

Serious side effects may happen in people who take Saxenda®, including:

Possible thyroid tumors, including cancer. Tell your health care professional if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer.

In studies with rats and mice, Saxenda® and medicines that work like Saxenda® caused thyroid tumors, including thyroid cancer. It is not known if Saxenda® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people.

Do not use Saxenda if you or any of your family have ever had MTC, or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

Who should not use Saxenda®?

Do not use Saxenda® if:

- you or any of your family have a history of MTC
- you have MEN 2. This is a disease where people have tumors in more than one gland in their body
- you are allergic to liraglutide or any of the ingredients in Saxenda®. Symptoms of a serious allergic reaction may include: swelling of your face, lips, tongue, or throat, fainting or feeling dizzy, very rapid heartbeat, problems breathing or swallowing, and severe rash or itching

Talk with your health care provider if you are not sure if you are pregnant or planning to become pregnant. Saxenda® may harm your unborn baby.

Before taking Saxenda®, tell your health care provider about all of your medical conditions, including if you:

- have any of the conditions listed in the section "What is the most important information I should know about Saxenda®?"
- are taking certain medications called GLP-1 receptor agonists
- are allergic to liraglutide or any of the other ingredients in Saxenda®
- have severe problems with your stomach, such as slowed emptying of your stomach (gastroparesis) or problems with digesting food
- have or have had problems with your pancreas, kidneys or liver
- have or have had depression or suicidal thoughts
- are pregnant or plan to become pregnant. Saxenda® may harm your unborn baby. Tell your health care provider if you become pregnant while taking Saxenda®. If you are pregnant you should stop using Saxenda®
- are breastfeeding or plan to breastfeed. It is not known if Saxenda® passes into your breast milk. You and your health care provider should decide if



WHEN IT COMES TO LOSING WEIGHT AND KEEPING IT OFF

WE'VE ALWAYS HAD THE WILL. NOW WE HAVE ANOTHER WAY.

Managing obesity like the long-term disease it is requires more than willpower alone. Adding Saxenda® to a reduced-calorie meal plan and increased physical activity may help you lose weight and keep it off.

When you lose weight, your body's response includes an increase in the hunger hormone and a decrease in fullness hormones, undermining your ability to lose weight and keep it off.

Saxenda® works like a fullness hormone naturally produced by your body that is thought to regulate appetite—helping you to eat less, so you can lose weight and keep it off.

56% of people achieved significant weight loss at year 1, and approximately half of them maintained weight loss at 3 years when taking Saxenda® added to a reduced-calorie meal plan and increased physical activity.⁹

Tell your health care provider about your efforts to lose weight and keep it off, and ask for FDA-approved Saxenda®

Check your prescription coverage and then activate a Savings Card at Saxenda.com/AnotherWay

Saxenda®
liraglutide injection 3mg

⁹In a 3-year study, 2,254 adults with pre-diabetes and BMI ≥30 or ≥27 with one or more weight-related conditions were given Saxenda® (1,505 people) or placebo (749 people) added to a reduced-calorie meal plan and increased physical activity. The study looked at how many people lost ≥5% of their body weight. At year 1, 891 people on Saxenda® (56%) lost ≥5% of their weight vs 182 patients on placebo (25%). After 3 years, 747 people on Saxenda® and 322 people on placebo remained and had their weight measured. 391 of those people on Saxenda® (26%) lost ≥5% of their weight at both the 1- and 3-year marks vs 74 people on placebo (10%).

Important Safety Information (cont'd)

you will take Saxenda® or breastfeed. You should not do both without talking with your health care provider first. Tell your health care provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Saxenda® slows stomach emptying and can affect medicines that need to pass through the stomach quickly. Saxenda® may affect the way some medicines work and some other medicines may affect the way Saxenda® works. Tell your health care provider if you take diabetes medicines, especially sulfonylurea medicines or insulin

How should I use Saxenda®?

- Inject your dose of Saxenda® under the skin (subcutaneous injection) in your stomach area (abdomen), upper leg (thigh), or upper arm, as instructed by your health care provider. **Do not inject into a vein or muscle**
- Never share your Saxenda® pen or needles with another person. You may give an infection to them, or get an infection from them

What are the possible side effects of Saxenda®?

Saxenda® may cause serious side effects, including:

- **possible thyroid tumors, including cancer**
- **inflammation of the pancreas (pancreatitis).** Stop using Saxenda® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back
- **gallbladder problems.** Saxenda® may cause gallbladder problems, including gallstones. Some gallbladder problems need surgery. Call your health care provider if you have any of the following symptoms: pain in your upper stomach (abdomen), fever, yellowing of your skin or eyes (jaundice), and clay-colored stools
- **low blood sugar (hypoglycemia) in people with type 2 diabetes who also take medicines to treat type 2 diabetes.** Saxenda® can cause low blood sugar in people with type 2 diabetes who also take medicines used to treat type 2 diabetes (such as sulfonylureas). In some people, the blood sugar may get so low that they need another person to help them. If you take a sulfonylurea medicine, the dose may need to

be lowered while you use Saxenda®. Signs and symptoms of low blood sugar may include: shakiness, sweating, headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heartbeat, and feeling jittery. You should check your blood sugar before you start taking Saxenda® and while you take Saxenda®

- **increased heart rate.** Saxenda® can increase your heart rate while you are at rest. Your health care provider should check your heart rate while you take Saxenda®. Tell your health care professional if you feel your heart racing or pounding in your chest and it lasts for several minutes when taking Saxenda®
- **kidney problems (kidney failure).** Saxenda® may cause nausea, vomiting, or diarrhea leading to loss of fluids (dehydration). Dehydration may cause kidney failure, which can lead to the need for dialysis. This can happen in people who have never had kidney problems before. Drinking plenty of fluids may reduce your chance of dehydration. Call your health care provider right away if you have nausea, vomiting, or diarrhea that does not go away, or if you cannot drink liquids by mouth
- **serious allergic reactions.** Serious allergic reactions can happen with Saxenda®. Stop using Saxenda® and get medical help right away if you have any symptoms of a serious allergic reaction
- **depression or thoughts of suicide.** You should pay attention to any mental changes, especially sudden changes, in your mood, behaviors, thoughts, or feelings. Call your health care provider right away if you have any mental changes that are new, worse, or worry you

Common side effects of Saxenda® include nausea, diarrhea, constipation, headache, vomiting, low blood sugar (hypoglycemia), decreased appetite, upset stomach, tiredness, dizziness, stomach pain, and changes in enzyme (lipase) levels in your blood. Nausea is most common when first starting Saxenda®, but decreases over time in most people as their body gets used to the medicine. Tell your health care professional if you have any side effect that bothers you or that does not go away.

Please see Brief Summary of Information about Saxenda® on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Rx Only

This information is not comprehensive. How to get more information:

- Talk to your healthcare provider or pharmacist
- Visit www.novo-pi.com/saxenda.pdf to obtain the FDA-approved product labeling
- Call 1-844-363-4448

What is the most important information I should know about Saxenda®?

Serious side effects may happen in people who take Saxenda®, including:

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Do not use Saxenda® if you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC), or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

What is Saxenda®?

Saxenda® is an injectable prescription medicine that may help some obese or overweight adults who also have weight related medical problems lose weight and keep the weight off.

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Who should not use Saxenda®?

Do not use Saxenda® if:

- you or any of your family have a history of medullary thyroid carcinoma.
- you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). This is a disease where people have tumors in more than one gland in their body.
- you are allergic to liraglutide or any of the ingredients in Saxenda®.
 - Symptoms of a serious allergic reaction may include:
 - swelling of your face, lips, tongue, or throat
 - problems breathing or swallowing
 - fainting or feeling dizzy
 - severe rash or itching
 - very rapid heartbeat

Talk with your healthcare provider if you are not sure if you have any of these conditions.

- are pregnant or planning to become pregnant. Saxenda® may harm your unborn baby.

Before taking Saxenda®, tell your healthcare provider about all of your medical conditions, including if you:

- have any of the conditions listed in the section "What is the most important information I should know about Saxenda®?"
- are taking certain medications called GLP-1 receptor agonists.
- are allergic to liraglutide or any of the other ingredients in Saxenda®.
- have severe problems with your stomach, such as slowed emptying of your stomach (gastroparesis) or problems with digesting food.
- have or have had problems with your pancreas, kidneys or liver.
- have or have had depression or suicidal thoughts.
- are pregnant or plan to become pregnant. Saxenda® may harm your unborn baby. Tell your healthcare provider if you become pregnant while taking Saxenda®. If you are pregnant you should stop using Saxenda®.
- are breastfeeding or plan to breastfeed. It is not known if Saxenda® passes into your breast milk. You and your healthcare provider should decide if you will take Saxenda® or breastfeed. You should not do both without talking with your healthcare provider first.

Tell your healthcare provider about all the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. Saxenda® slows stomach emptying and can affect medicines that need to pass through the stomach quickly. Saxenda® may affect the way some medicines work and some other medicines may affect the way Saxenda® works. Tell your healthcare provider if you take diabetes medicines, especially sulfonylurea medicines or insulin.

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- Inject your dose of Saxenda® under the skin (subcutaneous injection) in your stomach area (abdomen), upper leg (thigh), or upper arm, as instructed by your healthcare provider. **Do not inject into a vein or muscle.**

- If you take too much Saxenda®, call your healthcare provider right away. Too much Saxenda® may cause severe nausea and vomiting.
- Never share your Saxenda® pen or needles with another person. You may give an infection to them, or get an infection from them.

What are the possible side effects of Saxenda®?

- **Saxenda® may cause serious side effects, including: possible thyroid tumors, including cancer.** See "What is the most important information I should know about Saxenda®?"
- **inflammation of the pancreas (pancreatitis).** Stop using Saxenda® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.
- **gallbladder problems.** Saxenda® may cause gallbladder problems including gallstones. Some gallbladder problems need surgery. Call your healthcare provider if you have any of the following symptoms:
 - pain in your upper stomach (abdomen)
 - yellowing of your skin or eyes (jaundice)
 - fever
 - clay-colored stools
- **low blood sugar (hypoglycemia) in people with type 2 diabetes mellitus who also take medicines to treat type 2 diabetes mellitus.** Saxenda® can cause low blood sugar in people with type 2 diabetes mellitus who also take medicines used to treat type 2 diabetes mellitus (such as sulfonylureas). In some people, the blood sugar may get so low that they need another person to help them. If you take a sulfonylurea medicine, the dose may need to be lowered while you use Saxenda®. Signs and symptoms of low blood sugar may include:
 - shakiness
 - weakness
 - hunger
 - sweating
 - dizziness
 - fast heartbeat
 - headache
 - confusion
 - feeling jittery
 - drowsiness
 - irritability

Talk to your healthcare provider about how to recognize and treat low blood sugar. Make sure that your family and other people who are around you a lot know how to recognize and treat low blood sugar. You should check your blood sugar before you start taking Saxenda® and while you take Saxenda®.

- **increased heart rate.** Saxenda® can increase your heart rate while you are at rest. Your healthcare provider should check your heart rate while you take Saxenda®. Tell your healthcare provider if you feel your heart racing or pounding in your chest and it lasts for several minutes when taking Saxenda®.
- **kidney problems (kidney failure).** Saxenda® may cause nausea, vomiting or diarrhea leading to loss of fluids (dehydration). Dehydration may cause kidney failure which can lead to the need for dialysis. This can happen in people who have never had kidney problems before. Drinking plenty of fluids may reduce your chance of dehydration.

Call your healthcare provider right away if you have nausea, vomiting, or diarrhea that does not go away, or if you cannot drink liquids by mouth.

- **serious allergic reactions.** Serious allergic reactions can happen with Saxenda®. Stop using Saxenda®, and get medical help right away if you have any symptoms of a serious allergic reaction. See "**Who should not use Saxenda®.**"
- **depression or thoughts of suicide.** You should pay attention to any mental changes, especially sudden changes, in your mood, behaviors, thoughts, or feelings. Call your healthcare provider right away if you have any mental changes that are new, worse, or worry you.

The most common side effects of Saxenda® include:

- nausea
- headache
- decreased appetite
- dizziness
- diarrhea
- vomiting
- upset stomach
- stomach pain
- constipation
- low blood sugar (hypoglycemia)
- tiredness
- change in enzyme (lipase) levels in your blood

Nausea is most common when first starting Saxenda®, but decreases over time in most people as their body gets used to the medicine.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Saxenda®. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

Keep your Saxenda® pen, pen needles, and all medicines out of the reach of children.

For more information, go to saxenda.com or call 1-844-363-4448.

Manufactured by: Novo Nordisk A/S, DK-2880 Bagsvaerd, Denmark

More detailed information is available upon request.

Available by prescription only.

For information about Saxenda® contact: Novo Nordisk Inc. 800 Scudders Mill Road, Plainsboro, NJ 08536 1-844-363-4448

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PATENT Information:

<http://novonordisk-us.com/patients/products/product-patents.html>

Revised: SEPTEMBER 2016, VERSION 2

Flaky (in a Good Way)

Ever stalked a croissant on Instagram? We have, and you will too after the chefs at Konbi in Los Angeles break down the details that make their chocolate croissant just so perfect

by RACHEL KARTEN



The Butter

Chef-owners Akira Akuto and Nick Montgomery tried “a crazy amount” of butter before finding the One. The winner was Anchor’s butter sheets (made specifically for layered pastries like these) from New Zealand. Buying the butter already formed into long, thin sheets makes for a more consistent texture.

The Flour

The Konbi team ate the croissant at Tokyo’s Path restaurant every day on a research trip. So they tapped Rihito Maruhashi, Path’s pastry chef, to help develop their own recipe. His steepest learning curve? American flour. They chose King Arthur’s Sir Galahad, a low-protein bread flour similar to what Maruhashi used in Japan.

The Lamination

Those layers take work. In a process known as lamination, first the dough gets folded over butter, then it’s flattened into slabs by a machine called a sheeter. Konbi relies on a rare Yoshida model with a small footprint since the café is about 520 square feet. They make just 36 croissants a day, building up the hype.

The Chocolate

Yes, the croissant passes the critical “Is there chocolate in every bite?” test. To ensure this, the team uses flatter-and-wider-than-usual chocolate batons from France’s Cacao Barry and expands the dough’s gluten structure so it’s strong enough to keep the chocolate from sinking to the bottom of the pastry.

The Flare

With most chocolate croissants, the lip of dough is tucked underneath itself before baking to help keep the pastry contained. Not at Konbi. By pushing the laminated folds apart and leaving the lip exposed and untucked, they’re able to create these signature cascading stairway-like flaky layers.



The Illustrations

Server Rebekah Dollar stands in front of a wall of whimsical prints by Italian artist Andrea Ferolla—including one of a spaniel in a top hat named Mr. Wally. Reitz first encountered Ferolla's designs at his chic atelier, Chez Dédé, in Rome.

The Italian Job

Packed with Roman artwork, cozy seating, and a sprawling antique bar, Charleston's **Melfi's** feels like a trip across the ocean—and several decades

by JENNIFER HOPE CHOI

► **IN CHARLESTON**, you know instantly when you've stepped into a restaurant by Brooks Reitz, Tim Mink, and chef John Amato—even though each is completely different from the last. Whether they've retrofitted an auto body shop into an oyster oasis (Leon's) or converted an old café space into a timeless tavern named after a racehorse (Little Jack's), the magic is in the details: hidden knickknacks, gallery wall pastiche, rehabbed furnishings, and cheeky art meticulously gathered from travels around the globe. These are the kind of guys who save old receipts for wall decor and buy an antique bar for a defunct pharmacy on a hunch, years before turning it into a restaurant. They care.

At Melfi's, the pizza and pasta haven that now occupies said pharmacy, the trio doubles down on their new-old-school vibe with an Italian twist. Reitz took trips to Rome, Venice, Florence, and Milan over the course of a year to prepare, scooping up gems and inspiration. The result is the kind of clubby-yet-cozy restaurant where Don Draper and Marcello Mastroianni might chit-chat over Negronis and stracciatella pie. We toured the space with Reitz to learn more about his favorite design elements and how they all come together.



▲ The Coat of Arms

Melfi's is named after an Italian immigrant family who came to Charleston in the 1800s and ran a pharmacy out of this space. As a good luck gift, Melfi descendants donated their hand-painted family coat of arms to the restaurant, where it hangs above the kitchen. "It shows their blessing and brings good energy," Reitz says.



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Slurp, Sip, Lightly Stalk

Our slightly obsessive picks for this month's finest places to eat and drink



Editor in Chief
**ADAM
RAPOPORT**

I'll never mix a cocktail as deftly as they do at NYC's Le Coucou or L.A.'s Majordomo. But I can cop their barware, particularly the **Nick and Nora glass** (cocktailkingdom.com, \$42 for six). At just five ounces, it's more sensible than one of those oversize martini troughs you get at the club, and its gold trim and curved silhouette make you feel all classy—even if you don't know how to make a Manhattan.



Associate Editor
**HILARY
CADIGAN**

**Nina Compton,
Her New BFF**

► My crush on chef Nina Compton started from afar but totally wasn't creepy. I did some internet perusing after she opened **Compère Lapin**, a French-Caribbean restaurant in New Orleans—okay, I couldn't stop scrolling through pics of those plump shrimp, glistening with Calabrian chile

butter. It got real at a Southern Foodways Alliance symposium, where I tried her food for the first time: She served cow-heel soup from her native St. Lucia, thick like velvet and full of gingery, pumpkin-y goodness. It got realer when I made it to her newest restaurant, **Bywater American Bistro**,

and tasted the perfectly steamed snapper blanketed in a hot sauce—kissed hollandaise so light and fluffy it felt like eating a cloud. Recently I worked up the nerve to give her a call. Turns out she likes riding horses. I'm not not considering taking a lesson. HC + NC 4eva.



Digital Restaurant Editor
ELYSE INAMINE

on

Slurping Her Favorite Soup in NYC

Out of all the Taiwanese beef noodle soups I've had recently, the one at **Ho Foods** wins all the medals, gold stars—you get the point. So I asked chef-owner Richard Ho how he perfected it.

HOW DID YOU GET INTO THIS SOUP?

I'd beg my mom to cook it as a kid. It was a weeklong thing: First she'd make the stock with bones, then braise beef shanks.

DID YOU CONSULT WITH HER FOR YOURS?

I called her all the time. It's how we kept in touch. My recipe is similar but with tweaks!

WHAT DID SHE THINK OF IT?

She liked it but later told me to make it heavier because "Americans like heavier food." Such a mom thing to say.





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YOU

ME

&

KIMCHI



Braised lotus root

Quick-Cooked Kale, P. 56



For chef **SOHUI KIM** of Insa and BA editor Christina Chaey, Korean comfort food means fiery kimchi jjigae, tender soy-braised short ribs, and more soulful stews

Recipes by **SOHUI KIM**
Photographs by **ALEX LAU**



Crunchy Gochujang Fennel, P. 56



Steamed rice and millet



Stir-fried anchovies with peanuts

Soy-Marinated Eggs, P. 56

Kimchi Jjigae, P. 52

G

ROWING UP, I CONSIDERED

every night my mom made a Korean stew with steamed rice a missed opportunity to eat rotini with meat sauce. Or hard-shell tacos. Or frozen French bread pizza. You know, the “fun” dinners.

Anything but Korean—that was boring.

It wasn’t until I started cooking for myself that, surprisingly, I found myself missing the earthy nuttiness of the soybean paste stew called doenjang jjigae, and the funky heat of a pot of kimchi jjigae brimming with soft slices of tofu. As an adult, I constantly crave the flavors of the food I grew up so reluctantly eating, but I’ve also realized I know relatively little about how to actually cook Korean food at home.

So I called Sohui Kim, the chef and co-owner of Insa and the Good Fork in Brooklyn and author of the terrific cookbook *Korean Home Cooking*. Her lively Korean barbecue spot, Insa, is where I post up for a hot bowl of stew and the assorted seasonal side dishes known as banchan. My proposal: to spend a day cooking our way through her versions of my all-time favorite childhood dishes, from kimchi stew to the kalbi jjim, or soy-braised short ribs, I eat on my birthday.

I had always assumed this style of cooking was too fussy or time-intensive but, as Kim showed me, it’s neither. With the exception of those short ribs, which take the time and effort any special-occasion dish deserves, all of these recipes are quick and simple to prepare, full of flavor, and exactly the kind of bone-warming food I want in the last frigid days of winter.

Kimchi Jjigae

4 SERVINGS While firm tofu is traditional, any vegetable or meat would be in good company with this stew’s spicy-funky base of kimchi, gochugaru, and gochujang.

- 6 oz. pork belly or pork shoulder or 4 oz. bacon
- 1 small onion, finely chopped
- 2 cups chopped Napa cabbage kimchi with juices
- 2 Tbsp. gochugaru
- 1 Tbsp. gochujang
- 8 oz. firm tofu, cut into 1" pieces
- 2 scallions, thinly sliced

Slice pork belly into long strips about ½" thick, then thinly slice strips crosswise. Heat a small pot over medium. Add pork belly and cook, stirring often, until some fat has cooked out into the pan and meat is cooked through but not browned, about 3 minutes. Pour off all but 1 Tbsp. fat (if needed). Add onion and cook, stirring often, until translucent, about 5 minutes. Add kimchi and juices and cook, stirring occasionally, until liquid evaporates and kimchi is softened, about 5 minutes.

Add gochugaru, gochujang, and 2 cups water and bring to a simmer over medium-high. Reduce heat to medium

and cook, stirring occasionally, until kimchi is very tender and flavors in stew come together, 20–30 minutes.

Add tofu to stew and cook until heated through, about 3 minutes. Divide stew among bowls and top with scallions.

DO AHEAD: Stew can be made 4 days ahead. Let cool; cover and chill.

Spicy Soft Tofu and Seafood Stew

4 SERVINGS Gochugaru is much less spicy than your run-of-the-mill crushed red pepper flakes. It gives sweet and bright pepper flavor with only modest heat, so you can use a lot.

- 1 Tbsp. grapeseed or extra-virgin olive oil
- ½ small onion, finely chopped
- 2 scallions, white and pale green parts only, thinly sliced
- 2 garlic cloves, finely chopped
- ½ cup chopped Napa cabbage kimchi with juices
- 3 Tbsp. gochugaru
- 3 Tbsp. soy sauce
- 1 14-oz. package silken tofu
- 8 large shrimp, peeled, deveined
- 4 oz. squid, bodies and tentacles separated, bodies cut into ¼"-thick rings
- 8 mussels (5–5½ oz.), scrubbed, debearded
- Kosher salt or fish sauce
- 1 large egg yolk*

Heat oil in a large saucepan over medium. Add onion, scallions, and garlic and cook, stirring often, until vegetables are very soft but not browned, 8–10 minutes. Add kimchi and juices and cook, stirring constantly, 1 minute (just to concentrate the flavor). Add gochugaru, soy sauce, and 2 cups water. Increase heat to medium-high and bring to a simmer. Cook just until flavors come together, about 5 minutes.

Add tofu (try to keep it in one piece; using a big spoon is an easy way to remove it from the package), then surround with shrimp and squid, and finish with mussels. Cover and cook just until shrimp are opaque and mussels open, about 2 minutes. (Try to avoid stirring so tofu doesn’t break up.)

Remove stew from heat; taste and season with salt or fish sauce if needed. Top with egg yolk just before serving.

*RAW EGG IS NOT RECOMMENDED FOR THE ELDERLY, PREGNANT WOMEN, CHILDREN UNDER FOUR, AND PEOPLE WITH WEAKENED IMMUNE SYSTEMS.



I've converted more than one tofu-hating friend with this fiery stew called soondubu. A powerhouse base of alliums, kimchi, and gochugaru plus briny fresh seafood create what is, for me, the ultimate broth. Korean soondubu restaurants serve this in clay pots straight off the stove, and half the fun of eating it is trying not to burn your mouth on the furiously bubbling soup.



Spicy Soft Tofu and Seafood Stew, p. 52



Kimchi

Red Wine and Soy-Braised Short Ribs, p. 55



Korean cooks typically boil the beef before braising, but I dig Kim's method of searing the ribs instead until they're deeply browned. This adds tons of flavor to the braising liquid, which I like to spoon over rice and eat with a side of kimchi.

Red Wine and Soy-Braised Short Ribs

6-8 SERVINGS These richly flavored ribs are a riff on kalbi jjim, a traditional special-occasion dish. Red wine adds depth and complements the soy and mirin.

- 4 lb. 2"-thick boneless beef short ribs or 5 lb. 2"-thick crosscut bone-in short ribs (flanken style), cut into 2x2" pieces
- Kosher salt
- 2 Tbsp. plus 1 tsp. grapeseed or extra-virgin olive oil
- 1 large onion, chopped
- 8 garlic cloves, crushed
- 1 2" piece ginger, peeled, sliced 1/8" thick
- 2 cups dry red wine
- 1/2 cup mirin
- 1/3 cup soy sauce
- 1/4 cup (packed) light brown sugar
- 1/4 mu radish or daikon (about 8 oz.), peeled, cut into 1" pieces
- 1 large egg, beaten to blend
- Shilgochu or gochugaru and sliced scallions (for serving)

Season short ribs all over with salt. Heat 2 Tbsp. oil in a small pot over medium-high. Working in 2 batches, cook ribs, turning occasionally and reducing heat if needed to prevent scorching, until browned all over, 10–12 minutes per batch. Transfer to a plate.

Add onion, garlic, and ginger to same pot and cook, stirring often, until softened and lightly browned, 6–8 minutes. Add wine; bring to a boil. Reduce heat and simmer until liquid is reduced by half, 8–10 minutes. Add mirin, soy sauce, brown sugar, and 2 cups water. Return ribs to pot and bring liquid to a simmer. Partially cover pot and cook, reducing heat to maintain a very gentle simmer and adding splashes of water as needed, until ribs are very tender (they should shred easily) and sauce is thick enough to coat meat, 3–3½ hours. Add radish about 1 hour before ribs are done. Remove from heat.

Heat remaining 1 tsp. oil in a large nonstick skillet over medium. Add egg, tilting pan to create a very thin 6–8" circle. Cook just until set, about 1 minute, then roll up egg into a cylinder; transfer to a cutting board. Thinly slice into ribbons.

Serve ribs topped with egg, shilgochu, and scallions.

DO AHEAD: Short ribs can be made 3 days ahead. Let cool; cover and chill.

THE KOREAN PANTRY

Add these ingredients to your arsenal and you'll be ready to whip up Korean dishes on a whim. You'll find everything online or at an Asian supermarket like H Mart.



GOCHUJANG

This fermented red pepper paste is spicy, sweet, and a bit funky. Try adding a spoonful to fried rice, stir-fries, and marinades—a little goes a long way here.



SHILGOCHU

These delicate red chili threads get their name from the Korean words for thread (*shil*) and chili pepper (*gochu*). Use a pinch to garnish meat dishes or noodle soups.



KOMBU

This thick dried seaweed has a mild oceanic flavor and is an essential base ingredient in many Korean soups and stews. It's sometimes labeled "dashima" or "kelp."



GOCHUGARU

You can't make kimchi without these crushed red pepper flakes, which are one of the most-used ingredients in Korean cooking. Look for coarse flakes (not fine powder).



RICE VINEGAR

This mild-flavored vinegar adds a punchy note to vinaigrettes and sauces. Choose bottles labeled "unseasoned" to avoid sweeteners and additives that mask its natural flavor.



MIRIN

Think of this rice cooking wine as a sweeter, less-boozy sake. The real-deal stuff can be pricey, but widely available and inexpensive aji-mirin is fine for everyday use.

Soy-Marinated Eggs

6 SERVINGS The boiled eggs pick up more flavor as they sit. If marinating for the minimum amount of time, serve egg quarters with some of the pickling liquid drizzled over for extra flavor.

- 6 large eggs
- 5 garlic cloves, peeled
- 3 dried chiles de árbol or 1 tsp. crushed red pepper flakes
- $\frac{3}{4}$ cup soy sauce
- 3 Tbsp. mirin
- 2 Tbsp. unseasoned rice vinegar
- Toasted sesame seeds (for serving; optional)

Gently lower eggs into a large saucepan of boiling water. When water returns to a gentle boil, cook 7 minutes. Using a slotted spoon, transfer to a bowl of ice water and let cool 2 minutes (eggs may still be a little warm). Remove eggs from ice water and peel.

Meanwhile, bring garlic, chiles, soy sauce, mirin, vinegar, and 2 cups water to a boil in a medium saucepan. Reduce heat; simmer 5 minutes. Remove from heat and add eggs. Let sit at least 1 hour.

To serve, drain eggs, quarter, and sprinkle with sesame seeds if desired.

DO AHEAD: Eggs can be marinated 2 days ahead. Cover and chill.

Dashi-Steamed Egg Custard

4 SERVINGS This recipe produces more dashi than you will need. Substitute leftover dashi in place of the water in the Kimchi Jjigae or the Spicy Soft Tofu and Seafood Stew (see page 52).

VEGAN DASHI

- 8 dried shiitake mushrooms
- $\frac{1}{2}$ white or yellow onion, thinly sliced
- 5 garlic cloves
- 4 4x4" pieces kombu

STEAMED EGGS

- 2 scallions
- 5 large eggs
- Kosher salt
- Crushed toasted nori sheets (for serving)

VEGAN DASHI Bring mushrooms, onion, garlic, kombu, and 2 quarts water to a simmer in a large saucepan over medium-high heat. Cook, reducing heat as needed to maintain a simmer, 30 minutes.

Strain dashi through a fine-mesh sieve into a large bowl (or an airtight container if not using right away) and let cool.

DO AHEAD: Dashi can be made 1 week ahead. Cover and chill.

STEAMED EGGS Separate dark green tops from scallions; thinly slice both parts and set aside separately. Gently whisk eggs in a heatproof ceramic bowl that can hold at least 3 cups water (a pair of chopsticks are the ideal whisking tool since they fully incorporate the eggs without introducing too much air). Add $\frac{3}{4}$ cup cooled dashi and season with salt (you'll need about $\frac{1}{2}$ tsp. kosher salt, as the dashi is unseasoned). Stir in reserved scallion whites and pale green parts.

Place bowl inside a large saucepan with a tight-fitting lid. Pour in water to come two-thirds up the sides of the bowl. Cover saucepan and set over medium-high heat. Bring water to a boil. Reduce heat and simmer until eggs are just set (they will still wobble slightly when gently wiggled), 18–25 minutes.

Serve eggs topped with crushed nori and reserved scallion greens.

Crunchy Gochujang Fennel

4 SERVINGS The dressing would also be crazy delicious on virtually any vegetable—cooked or raw.

- 1 large fennel bulb, stems and dark green parts removed
- Kosher salt
- $\frac{1}{2}$ " piece ginger, peeled, finely chopped
- 1 small garlic clove, finely chopped
- 2 Tbsp. gochujang
- 1 Tbsp. plus $1\frac{1}{2}$ tsp. unseasoned rice vinegar
- 1 Tbsp. honey
- 1 Tbsp. toasted sesame oil
- $1\frac{1}{2}$ tsp. gochugaru
- $1\frac{1}{2}$ tsp. toasted sesame seeds

Slice fennel bulb into quarters lengthwise through the core. Cut out core; discard. Slice bulb lengthwise $\frac{1}{4}$ " thick. Cook in a large saucepan of boiling salted water until just beginning to soften and turn translucent, about 2 minutes. Using a slotted spoon, transfer to a bowl of ice water and let cool. Drain; pat dry with paper towels.

Whisk together ginger, garlic, gochujang, vinegar, honey, oil, gochugaru, and sesame seeds in a medium bowl. Add fennel and toss to coat; season with salt.

DO AHEAD: Fennel can be made 4 days ahead. Cover and chill.

Quick-Cooked Kale

4 SERVINGS Though many banchan have a long shelf life, these seasoned greens taste best the day they're made.

- 1 large bunch purple or any other type of kale
- 1 Tbsp. grapeseed or extra-virgin olive oil
- 2 garlic cloves, finely chopped
- 1 Tbsp. perilla (sesame leaf) oil or toasted sesame oil
- 1 Tbsp. white or regular soy sauce
- Kosher salt (optional)

Trim woody ends from kale stems. Remove ribs and stems from leaves and thinly slice crosswise. Coarsely chop leaves; keep separate from stems. Heat grapeseed oil in a large skillet over medium. Cook stems, tossing occasionally, just until crisp-tender, about 3 minutes. Add leaves a handful at a time, tossing and letting wilt slightly before adding more; cook until all of the leaves are wilted, about 2 minutes. Add garlic, perilla oil, and soy sauce and cook, tossing often, until leaves are soft, about 3 minutes. Season with salt if needed.

MAKES IT BETTER



A big soup or stew to share is often the star of a typical Korean meal, but it's not complete without rice and a constellation of banchan to eat alongside. You can make your own (like the ones on this page), but many Korean grocers offer prepared versions, like the braised lotus root and stir-fried anchovies on pages 50 and 51.



Dashi-Steamed Egg Custard, p. 56



Whenever I go out for Korean barbecue, I always ask for seconds of this piping-hot savory egg custard—the crown jewel of banchan. It's often served in a small *ttukbaegi*, or clay pot, but you can cook the eggs in any small heatproof bowl to get the same effect at home.



How to Yo Plastic

Just a few of
the one
trillion plastic
bags we
use every year.



FINALLY

Break ur Habit

Stop talking about it.
Start doing it. Here's how

○
One small, not-too-painful way to start: Swap out plastic produce bags for reusable ones like those on page 63.



I KNEW I HAD A PLASTICS PROBLEM. We all do, right? You've heard the statistics: one million plastic bottles sold every minute. Eighteen billion pounds of plastic tossed in the ocean each year. But if you're like me, you've shuddered at the stats, then ordered in lo mein and thought, At least I use a tote.

This time I wondered, What does *my* plastics problem actually look like? So for a week I kept every piece of disposable plastic I used while eating or cooking. In a giant, um, plastic bag, I put every take-out container, every clamshell from cherry tomatoes, every one of those produce bags I put my escarole in at the market. It was...not a small pile.

Good thing I recycle dutifully, I told myself. But then I learned that much of what we think is getting recycled isn't because of contaminants like food residue and labels. Turns out only 9 percent of all plastic has ever been recycled, and none of it—none of it—has ever biodegraded.

Was this exercise depressing? Yes. But it was encouraging too. I used so much plastic without realizing it, which means that if I actually thought about it, I knew I could do better. Will I give up takeout for good? No. But will I cut back? Will I take a mug to the coffee shop for real this time? Will I tell businesses I love that I care how they package things? Yes. —MERYL ROTHSTEIN

Rethink the Coffee Shop



Did the Great Straw Movement of 2018 pit your love for the planet against your love for cold brew? Trade in a few coffee shop visits for our coconut cold brew, which (bonus!) will caffeinate you before you even walk out the door.

Coconut Cold Brew Coffee

Coarsely grind **16 oz. coffee beans**; place in a large bowl along with **1 ½ cups toasted unsweetened shredded coconut**. Slowly pour in 8 cups cool water; stir gently to moisten grounds. Cover and chill 24 hours. Strain coffee through a fine-mesh sieve into another large bowl; discard grounds. Line sieve with a coffee filter, set over a 1-qt. jar, and pour in as much coffee as will fit. Strain, adding more coffee as space is available, until all the liquid has drained through, about 20 minutes. Cover and chill up to 2 weeks.

To serve, pour ½ cup coffee into an ice-filled glass and stir in ½ cup milk (cow's, oat, or nut) or water and 1 tsp. pure maple syrup. Makes 3 cups



Burning Question

I'M OBSESSED WITH [INSERT CONDIMENT HERE]. HOW DO I GET IT WITHOUT PLASTIC?

Find a recipe and make like a gallon of it. This is a cooking magazine, you know?

But we all have limited time on this earth and we may not want to use it making homemade mustard.

So when in doubt **buy the largest size possible**. Sell-by dates are usually guesses (really!), so I don't get hung up trying to use all that chili sauce by its expiration date.

—EVE ANDREWS,
GRIST.ORG



no-brainer

Shop the bulk bins—and bring a container from home!



Buy Better Bags

Help! My daughters go through a box of little plastic bags weekly.

It's not their fault—they have to pack their pretzels (and Goldfish) (and dried cranberries) somehow. On the hunt for an eco-friendly alternative, I tried a few. Small brown paper bags seemed promising but were too weak for a backpack beating. (Plus, they too can only be used once.) Zippered cloth bags were spill-proof, but at about \$4 each they were cost-prohibitive given how many we'd need for a week.

The best option I found is cheap and machine-washable: small muslin drawstring bags (\$18 for 50; amazon.com). The perfect size for a snack's worth of almonds, they can be filled en masse after a trip to the bulk bin. And thanks to Etsy crafters who use them to make, I don't know, lavender sachets or something, they're easy to find online and in craft stores. —ANYA HOFFMAN



Give DIY a Try



So, you loooove yogurt,
but you don't loooove
all those tubs crowding
your recycling bin.
You know what won't
lead to a pileup, is
tastier than what you buy
now, and is tailored to
your texture and
tanginess preferences?
The homemade stuff.

DIY Yogurt

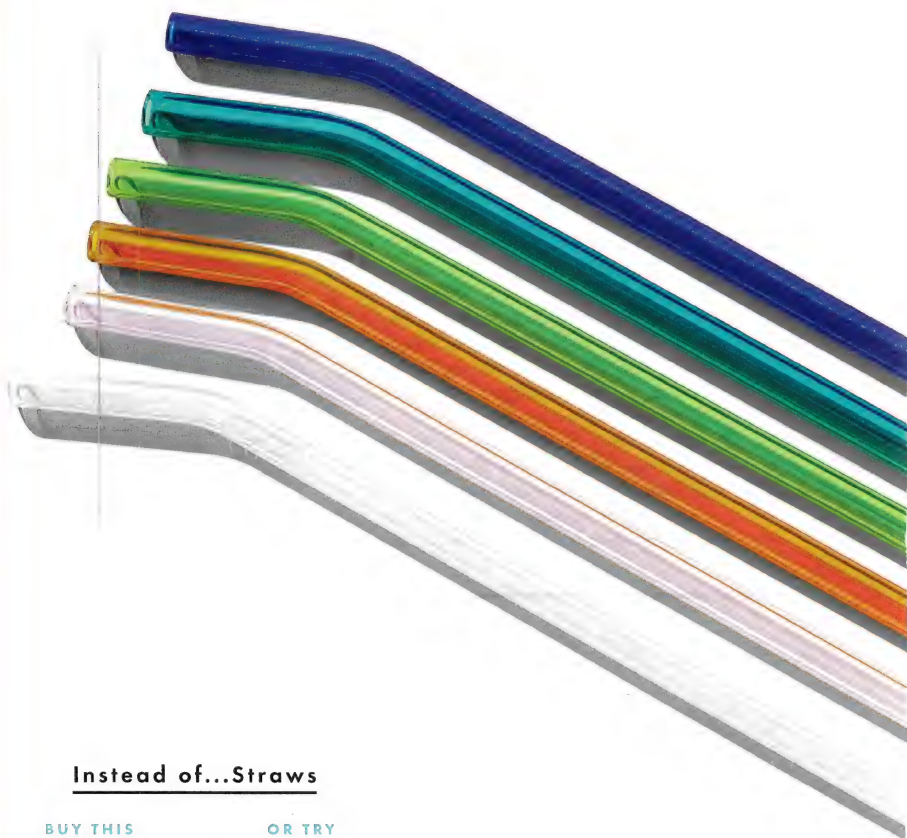
Clip a deep-fry or candy thermometer
to the side of a medium saucepan
and heat **4 cups whole milk** over
medium, stirring and scraping bottom of
pan often, until thermometer registers
185°. Reduce heat to low and continue
to cook, without stirring or letting milk
get hotter than 185°, 20–25 minutes.

Place saucepan in a large bowl
filled with ice water. Stir constantly until
thermometer registers 110° (don't go
below). Immediately and gently stir in
3 Tbsp. thick yogurt with live cultures.
Pour into a 1-qt. jar. Cover and let sit
in a warm spot, undisturbed, 12–20
hours. (Yogurt will thicken and
get tangier the longer it sits.) Chill until
ready to use. Makes 1 quart

Build a (Super-Chic) Plastic-Free Arsenal



The goal: Buy reusable goods that can replace
the disposable plastic items we use and
abuse regularly. (The fact that they're so pretty
is just an added benefit.)



Instead of...Straws

BUY THIS

Korsreel glass
straws (\$11 for six;
amazon.com)

OR TRY

You know you can
drink straight
from a cup, right?

Instead of...Plastic Wrap



BUY THIS

Bee's wrap
(from \$16 for three;
beeswrap.com)

OR TRY

Using airtight containers,
or covering bowls by
placing a plate on top.

Instead of...Iced Coffee Cups



BUY THIS

Kinto Day
Off tumbler (\$38;
kintostore.com)

OR TRY

Skipping the lid, the
straw, and definitely
that little stirrer.



no-brainer

Keep a
plate, bowl,
glass, and
silverware at
the office.

Instead of...Produce Bags

BUY THIS

True Nutured Co.
bags (\$50 for set;
amazon.com)

OR TRY

Laying items directly
in your cart or filling
one bag with
all the produce that
doesn't need
to be weighed.



Instead of... Disposable Cutlery



BUY THIS

Cute Mega carryall pouch
(\$22 for set of five; bando.com)
so you can BYO set from home

Instead of... Zip-top Bags

BUY THIS

Rezip reusable
storage bags
(\$20 for three;
amazon.com)

OR TRY

Rinsing,
air-drying,
and reusing
old bags.



Burning Question

HOW DO I FREEZE THINGS WITHOUT PLASTIC?

If you haven't accumulated 100 take-out containers and 10,000 plastic bags in a very chaotic cupboard in your kitchen, who are you? I use my collection to freeze things without plastic wrap, which you can really use only once and is definitely not recyclable. I lay portioned-out dough, scoops of tomato paste, and latkes (I love latkes) in single layers on baking sheets, then pop them in the freezer.

Once they've solidified, you can store them in those old plastic containers—better to reuse them than throw away. —E.A.

Make Dinner, Then Pack Lunch



Yes, you should bring your lunch to work because the plastic clamshell holding your Santa Fe salad will still be on this planet when your great-great-grandchild is born. But also, it's probably healthier, tastier, and cheaper than your to-go default. Start by packing your lunch once more per week than you do now.



DINNER DAY 1
Chicken Thighs with Fennel
and Scallions

PREP ONCE...EAT THREE MEALS



Fennel and scallions



Chicken thighs



Chile-Garlic
Cucumbers and Sesame-
Scallion Sauce





LUNCH DAY 2
Chicken and Cucumber
Rice Bowl

LUNCH DAY 3
Greens-and-
Beans Sandwich



Find our dinner
recipe plus
two lunches at
[bonappetit.com/
chicken-thighs](http://bonappetit.com/chicken-thighs)



Shop at Spots That Give a Damn

Money talks, and at these five places, it's saying, "I love businesses that don't use plastic"

The Take-out Option

GREENTOGO,
DURHAM, NC

That mountain of are-these-actually-recyclable take-out containers cluttering your cabinets? Not an issue with GreenToGo, which partners with Durham restaurants like BA fave Rose's Noodles, Dumplings & Sweets. For a fee, you can use its app to order from participating restaurants, then get carryout or delivery in one of the program's reusable boxes. When you're done, return the box to a drop-off point and GreenToGo will clean it to health department standards and get it back in circulation. durhamgreentogo.com

The Grocery Delivery Service

THE WALLY SHOP,
BROOKLYN

The convenience of grocery delivery with none of the packaging. Produce, grains, and spices from local farmers' markets and bulk stores

come packed in mason jars and cotton bags, delivered to your door in reusable totes. At your next delivery, the Wally Shop collects that packaging, clean its, and reuses it—leaving your pantry stocked and your garbage empty. thewallyshop.co

The Restaurant

THE PERENNIAL,
SAN FRANCISCO

This is a place where recycled paper menus are fed to aquaponic greenhouse worms, so you can imagine how hard The Perennial tries to eliminate plastic waste. That means transferring strawberries out of their containers right at the farmers' market, and in the kitchen, trading out plastic wrap for reusable lids. It's no surprise there's also an ambitious butchery program: the restaurant buys a whole lamb, say, instead of buying individual vacuum-sealed parts. theperennialsf.com

The Coffee Shop

THE TARE SHOP,
HALIFAX, NOVA SCOTIA

A zero-waste grocery store attached to a zero-waste coffee shop, the Tare Shop offers goods like bulk tamari, olive oil, and sprouts sans packaging. The café, too, has ditched disposable cups: It's BYOMug here, though if you forget, you can always grab one from the community "library" of donated mugs—bring it back next time, or consider it a zero-waste souvenir. thetareshop.com

The Home Goods Store

PUBLIC GOODS AND SERVICES, SEATTLE

This is where you go to get reusable cotton bags for storing vegetables, stainless-steel tiffin containers, beeswax wrap, and refillable cleaning supplies like laundry detergent (you've got to wash those bags somehow). apublicshop.com
—RACHEL SUGAR



no-brainer
Choose
heads of
lettuce
over boxed
greens



Burning Question

SO, DO I
JUST NEVER DO
TAKEOUT OR
DELIVERY AGAIN?

I strongly subscribe to the eco-minded credo, "sometimes, you just have to be a weirdo." My friend lives that truth

by bringing her own Tupperware to restaurants to pick up takeout. And it works! **Call ahead and ask for the meal on a plate and transfer it to the container yourself,** or if you can wait, bring the container and have them fill it there. Delivery is more complicated. You can make requests like "no silverware" or "no extra sauce" to limit all the tiny

flimsy plastic containers that accompany your pad see ew. But there's no escaping all the plastic bags and containers. I'd say, like any environmentally unfriendly indulgence, keep delivery to a minimum, request no extras, and then keep whatever bags and containers you get for your sexy new Freezer Storage System. —E.A.


8 RECIPES THAT PROVE

YOU
DON'T
NEED
A
RECIPE



Behind every great dish is a simple principle.
BA food director **CARLA LALLI MUSIC** shares the fundamentals
behind her new book, *Where Cooking Begins*

Photographs by **GENTL AND HYERS**



**BUTTER-BASTED
RIB EYE WITH CRUNCHY
FENNEL SALAD
P. 77**

After seven years at *Bon Appétit*, most of them spent in our test kitchen, I knew my way around a recipe. But it wasn't until I wrote my first cookbook, *Where Cooking Begins*, that I realized exactly what kind of a cook I'd become. First, I rarely use recipes at home, which is just one admission in a series of personal contradictions. I shop the farmers' market and am loyal to my nose-to-tail butcher, but I also love buying groceries online. I'm a mother of two, but I'm anti big-batch cooking and have never made a weekly meal plan in my life. I'll happily spend an entire day prepping for a party, but I'm too lazy to go to the corner store if I'm missing a spice. And even though I know the value of a good recipe—it's literally my livelihood—I'd rather improvise. Of course, my book has actual recipes and so does this story, but the best dishes happen when you stop reading and focus on the food. If you shop for ingredients that make you hungry and stock your kitchen with basics, you can cook with confidence, riff with abandon, and eat the best meals of your life. And if you just skim these recipes before doing your own thing, well, you're just like me.

1. SHOP FIRST, CHOOSE RECIPES SECOND



◆ There's no bigger disappointment than going to the store with a specific dish in mind only to discover the ingredient you need isn't there, or even worse, looks crappy. You stand in the aisle, frantically trying to come up with plan B, searching for recipes on your phone while people bump into you with their carts. Don't do that. Shop in person for the things that only you can judge: the sparkliest fish fillets, squeakiest bunches of greens, heaviest melons, most marbled steaks. Talk to the store employees as you go (e.g., when did those scallops come in?). Choose what inspires you and decide what's for dinner based on what ends up in your cart, even if you plan to cook it in the simplest way. In person, I shop small with a focus on proteins and produce, and use online shopping to keep my kitchen stocked with basics so I can build the rest of the meal when I get home.

2.



Use the Whole Thing

You know what's annoying? A quarter of a cabbage languishing in the crisper drawer (a.k.a. The Rotter). To waste less, use whole amounts. Extra cooked leftovers have a much better chance of being consumed than two scallions left behind.

PAN-ROASTED
ROMANESCO
WITH HAZELNUTS AND
CRISPY BITS
P. 77

3. STEAMING IS ACTUALLY PRETTY COOL

I used to think that steaming was only for lobsters, dumplings, and dieters. Not so. The elegant method offers extreme speed and high hydration, which means that whatever you cook—from seasonal vegetables to proteins (see right for ideas)—will be done quickly and always moist. Sweet potatoes in particular benefit from this treatment, which makes their flesh pudding-like and fluffy.





SWEET POTATOES WITH TAHINI BUTTER, P. 78

Full Steam Ahead

Whether you use an inexpensive bamboo steamer or one of those flexible inserts that fits in the bottom of a stockpot, the rules are the same: Prep and season your ingredients, then add them to the steamer once the water is simmering. Since steaming is flavor-neutral, pair with punchy condiments.



FINGERLING POTATOES

Their creamy texture shines when they're not subjected to dry heat. Check for tenderness with a cake tester, then toss with a mustardy vinaigrette while warm.



RED SNAPPER FILLETS

Afraid of overcooking thin fillets? Steam until opaque, 7–10 minutes. Serve with garlicky aioli or ponzu sauce.



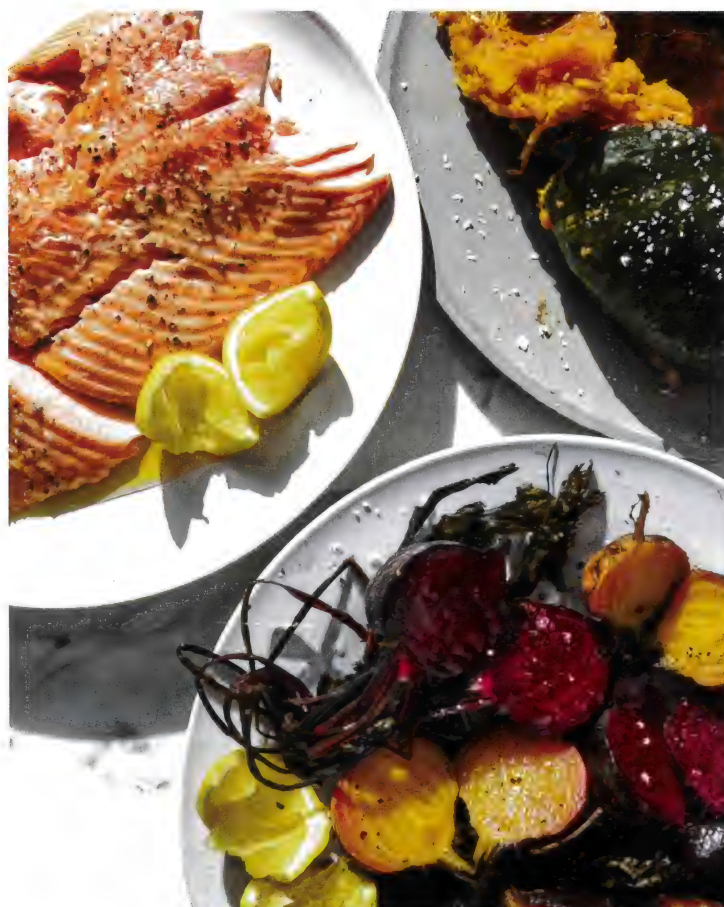
LARGE EGGS

The easiest way to hard-boil a dozen: Steam 'em 11 minutes; chill in an ice bath.

4.

ALL YOU NEED IS SALT, PEPPER, AND TIME

There are a few basic techniques that everyone should know—sautéing, pan-roasting, and my personal favorite, slow-roasting. A low oven and a generous amount of time will turn just about any vegetable or protein into a tender, browned version of itself. Try it with pork shoulders, whole chickens and ducks, turkey legs, spareribs, and short ribs. Or apply the same technique to salmon, fat cod steaks, and whole fish. It works with sheet trays of canned tomatoes, fresh tomatoes, whole onions, bell peppers, squash, potatoes, carrots, beets, fennel, cauliflower, and cabbages too.



THE METHOD

FIRST, RUB whatever you're using with extra-virgin olive oil and season well with kosher salt and freshly ground pepper. Tuck the food into a pan that's just big enough to hold it (it will shrink quite a bit), add a splash of water, then set it in a 250° oven. Roast until it collapses—figure an hour per pound for big cuts of meat, two hours for tough or large vegetables, an hour for tender ones, and 45 minutes to an hour for a two-pound fillet or whole fish. Before serving, douse liberally with more oil, drizzle lots of fresh lemon juice over everything, and season again.

5.

DO MORE WITH FEWER SPICES

Spices aren't doing you any favors hiding in your pantry. Whether you're roasting or grilling meat, sautéing garlic and onions for a sauce, baking, or making a pot of beans, introduce a dry spice to add aroma and flavor. Edit down to seasonings that are multipurpose, then dip into those jars regularly, even when a recipe doesn't explicitly tell you to. Half a teaspoon added anywhere won't ruin anything; as you gain confidence, increase that amount or try combining two or three.

CORIANDER SEEDS

Citrusy and cooling. Essential in pickle brines, spice pastes, and many curries.

FENNEL SEEDS

Coarsely grind and use along with salt and pepper on turkey, chicken, and pork.

CAYENNE PEPPER

Straight-ahead spiciness. Use for dry rubs, to add zing to mashed potatoes or egg salads, or in slow-cooked pork and beef stews.

GRANULATED GARLIC

Sharp and pungent, it's no substitute for fresh but great in creamy dressings and on roasted potatoes.

MSG

Delicious despite being controversial. Add a salty-ish finishing touch to fried rice, cucumber salads, and breaded cutlets.

CARDAMOM

Buy the pods or seeds and grind before using. Add to pie fillings and quick bread batters or to rice dishes.

GROUND CUMIN

Essential in Mexican black beans, also great with lentils. Add to dry rubs for grilled meats and stir into yogurt.

CINNAMON STICKS

Goes sweet or savory. Grate into pancake batter or curries; add whole sticks to braising liquids.

CRUSHED RED PEPPER FLAKES

Keep a little jar on the dining table for sprinkling onto pasta dishes, soups, and beans.

BAY LEAVES

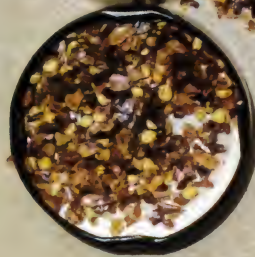
Simmer in any stock, soup, or batch of beans; tuck into the cavity of a chicken or onto a tray of veg before roasting.

FLAKY SEA SALT

Adds crunch, sparkle, and a last pop of seasoning on salads, fried eggs, and meats.

SMOKED PAPRIKA

Completely harmonious with eggs, rice, potatoes, and any/all pork dishes.





SPICE-DRAWER
CHICKEN WINGS
P. 78

That's
the Rub

DRIED OREGANO
+
GRANULATED
GARLIC
+
SMOKED PAPRIKA
+
MSG



6. KNOW WHEN TO SWAP IT

Confident cooks make changes to recipes without asking permission. As long as you understand what an ingredient is doing in a dish, you can find a suitable understudy. The late-summer version of this salad combined figs (sweet and juicy) with extra-virgin olive oil and honey-toasted walnuts (crunchy, salty, sweet, and peppery) along with little nuggets of Manchego (chewy, salty). To make the salad for the season you're in, choose ingredients to play those same sweet-juicy, crunchy-salty, and fatty-cheesy roles. Here are some ideas.

Winter

CLEMENTINES
+
RICOTTA
SALATA
+
PISTACHIOS

Fall

BOSC OR
D'ANJOU
PEAR
+
PARMESAN
+
HAZELNUTS

Spring

PERSIMMON
+
MILD BLUE
CHEESE
+
PECANS





FRESH FRUIT WITH
CHEESE AND
PEPPERY NUTS
P. 78

7.



Treat Herbs Like Greens

Herbs wilt and fade when you sprinkle them sparingly. Use tender herbs like parsley and cilantro by the handful instead and life will be more vibrant.

POMEGRANATE-
PARSLEY
TABBOULEH

Pomegranate-Parsley Tabbouleh

6 SERVINGS Soaking softens whole grains and shortens cooking time; feel free to sub farro, brown rice, or barley.

- 1 cup whole freekeh, soaked overnight if possible
- Kosher salt, freshly ground pepper
- 1 small shallot, finely chopped
- 1 small serrano chile, finely grated
- 1 1" piece ginger, peeled, finely grated
- ½ cup extra-virgin olive oil
- ¼ cup fresh lime juice
- 1 tsp. pure maple syrup
- 2 tsp. sumac, plus more for serving
- 2 pomegranates
- 1 big bunch parsley, leaves and tender stems very coarsely chopped (about 1½ cups)
- 1 small fennel bulb, fronds torn, bulb and stalks thinly sliced
- Handful of mint leaves, torn if large
- Flaky sea salt

INGREDIENT INFO: Sumac can be found at Middle Eastern markets, specialty foods stores, and online.

Cook freekeh in a large pot of boiling salted water until al dente, 20–30 minutes. Drain and spread out on a rimmed baking sheet; season with kosher salt and pepper while still warm. Let cool.

Meanwhile, whisk together shallot, chile, ginger, oil, lime juice, maple syrup, and 2 tsp. sumac. Taste dressing and season with kosher salt. Let sit 10 minutes.

Cut pomegranates in half. Working over a large bowl, hold a pomegranate half cut side down in your palm with your fingers stretched wide. Use a wooden spoon to forcefully and repeatedly smack pomegranate skin, which will send the seeds raining down into the bowl. Repeat with remaining pomegranate. Fill bowl with cold water to cover seeds. Skim off any little bits of pith that float to the surface; drain seeds and shake off excess liquid.

Toss parsley, fennel, fennel fronds, and mint in a large bowl. Add freekeh, season with kosher salt, and toss gently to combine. Add dressing and toss with your hands to thoroughly coat ingredients. Add pomegranate seeds and toss gently to disperse. Sprinkle with sea salt and more sumac.

DO AHEAD: Freekeh can be cooked 3 days ahead. Cover and chill.

Butter-Basted Rib Eye with Crunchy Fennel Salad

3–4 SERVINGS Bone-in strip steak or a T-bone are great choices here too.

- 1 2"-thick bone-in rib-eye steak (about 2 lb.)
- Kosher salt, freshly ground pepper
- ⅓ cup extra-virgin olive oil, plus more
- 3 Tbsp. unsalted butter
- 4 garlic cloves, 3 smashed, 1 finely grated
- 2–3 sprigs rosemary
- 3 oil-packed anchovy fillets, finely chopped
- 2 Tbsp. white wine vinegar
- 2 fennel bulbs, woody tops trimmed
- Aleppo-style pepper (for serving)
- Flaky sea salt

If you think of it in advance, season steak all over with kosher salt and pepper. Chill, uncovered, at least 2 hours and up to 2 days. If not, season now and proceed.

Heat a medium cast-iron skillet over medium-high 2 minutes. Drizzle in enough oil to evenly coat pan with no bald spots and cook steak, turning every 2–3 minutes, until a dark crust forms on both sides and steak is very rare (a thermometer inserted dead center should register 115°), 12–15 minutes. Frequent turning will develop a gorgeous crust without creating thick strips of well-cooked steak beneath the surface.

Reduce heat to medium; add butter, smashed garlic, and rosemary. Tilt skillet toward you and scoot steak to the far end of pan so that garlic and rosemary slide down into the foaming butter. Holding the skillet's handle with your nondominant hand, spoon butter over steak repeatedly, 1–2 minutes (internal temperature should hit 120° for medium-rare). Transfer steak to a platter and let rest 15 minutes for juices to redistribute.

Meanwhile, whisk together grated garlic, anchovies, and vinegar in a medium bowl; season with kosher salt. Whisk in ⅓ cup oil, then taste and season with more kosher salt and some pepper. The dressing should be punchy and acidic.

Cut stalks away from fennel bulb. Remove tough outer layer from bulb, then halve lengthwise. Cut out core. Set cut side down and slice crosswise ¼" thick, then slice stalks and fronds, which will give the salad a range of textures. Add fennel to bowl with dressing and toss to coat.

Cut steak away from bone and slice against the grain ½" thick. Season with some Aleppo-style pepper and sea salt; drizzle with oil. Serve with fennel salad alongside and the bone, too, of course.

Pan-Roasted Romanesco with Hazelnuts and Crispy Bits

4 SERVINGS If the pan is dry, you'll risk burning instead of browning. Add oil as needed to keep things sizzling.

- 1 medium head of Romanesco or cauliflower (about 2 lb.), trimmed
- Kosher salt
- 2 Tbsp. extra-virgin olive oil, plus more for drizzling
- 2 Tbsp. unsalted butter
- ¼ cup skin-on or blanched hazelnuts, coarsely chopped
- 2 garlic cloves, thinly sliced
- ½ cup chopped parsley
- 2 tsp. white wine vinegar
- Flaky sea salt
- Lemon wedges (for serving)

Preheat oven to 400°. Stand Romanesco on its stem and cut it from top to bottom into 1"-thick slabs. Don't worry about the outer edges that may crumble or smaller florets that break away; nudge those into a pile along with any nice-looking leaves. Cut loose bits into ½" pieces; season bits and Romanesco steaks with kosher salt.

Heat a large cast-iron skillet over medium-high. Add 2 Tbsp. oil and slip Romanesco steaks into pan—puzzle them together so they don't overlap; work in batches if needed. Cook, rotating skillet periodically for even browning, until dark brown underneath, about 5 minutes. Turn and drizzle a bit of oil over second sides and into empty areas of pan. Scatter chopped pieces of Romanesco into spaces between steaks and toss gently to coat with oil (add more if needed).

Transfer pan to oven; roast Romanesco until a tester inserted into stems slips through without much effort, 15–18 minutes. Steaks should be firm enough to still hold together without being crunchy.

Transfer steaks to a platter. Return pan with loose pieces of Romanesco to medium-high heat. Add butter, hazelnuts, and garlic, and cook, stirring, until everything is toasted and crisp around the edges, about 4 minutes. Add parsley and vinegar and stir up any browned bits. Spoon over steaks and season with sea salt. Serve with lemon wedges.

Sweet Potatoes with Tahini Butter

6 SERVINGS *You may think the tahini and butter will never combine with the liquids. Don't give up; it will happen.*

- 3 lb. sweet potatoes, any color (6 small or 3 large), scrubbed
- 6 Tbsp. unsalted butter, room temperature
- ¼ cup fresh lime juice
- 2 Tbsp. tahini
- 1 Tbsp. soy sauce
- 2 tsp. toasted sesame oil
- Kosher salt, freshly ground pepper
- Flaky sea salt
- Toasted sesame seeds and lime wedges (for serving)

Bring a few inches of water to a boil in a medium pot fitted with a steamer basket. Halve sweet potatoes crosswise if large and place in steamer. Cover, reduce heat to medium, and steam until fork-tender, 25–30 minutes.

Meanwhile, smash together butter, lime juice, tahini, soy sauce, and sesame oil in a small bowl with a fork until smooth, about 3 minutes. Season tahini butter with kosher salt and lots of pepper.

Arrange sweet potatoes on a platter or a large plate. Let cool until you can just handle them, then split open and generously spread tahini butter over. Season with sea salt; top liberally with sesame seeds. Serve with lime wedges (this dish really comes alive with lots of bright citrus).

Spice-Drawer Chicken Wings

4–6 SERVINGS *This dry rub is great on any cut of chicken, including whole birds for roasting (make a double batch).*

- 1 tsp. dried oregano
- 1 tsp. granulated garlic
- 1 tsp. smoked paprika
- 1 tsp. sugar
- 4 tsp. kosher salt, plus more
- ½ tsp. MSG, plus more for serving
- 4 lb. chicken wings
- 2 Tbsp. vegetable oil
- 1 cup mint and/or basil leaves
- Limes and small Persian cucumbers, cut into wedges (for serving)

Mix oregano, granulated garlic, paprika, sugar, 4 tsp. salt, and ½ tsp. MSG in a small bowl. Arrange chicken wings on a foil-lined rimmed baking

sheet. Season all over with spice mix. Let sit at room temperature 30 minutes, or cover and chill up to 2 days.

Place racks in center and upper third of oven; preheat to 375°. Drizzle wings with oil and toss to coat. Bake on center rack, turning with tongs halfway through, until cooked through and skin is golden brown, 30–35 minutes.

Remove from oven. Heat broiler. Broil wings on upper rack, turning every 2–3 minutes, until skin is deeply browned and starting to char at the edges, 5–7 minutes (watch them closely).

Transfer wings to a platter, season with salt and a little more MSG. Top with herbs and lime and cucumber wedges.

Coffee Crème Caramel

8 SERVINGS *The lemon juice will help prevent your caramel from crystallizing.*

- 2½ cups whole milk
- ¼ cup coffee beans, coarsely chopped
- 1 wide strip of lemon zest
- ½ cup plus ⅔ cup sugar
- 1 vanilla bean, split lengthwise
- 1 tsp. fresh lemon juice
- 6 large eggs

Combine milk, coffee, lemon zest, and ½ cup sugar in a small saucepan. Scrape in vanilla seeds; add pod. Bring to a gentle simmer over medium heat. Remove from heat, cover, and let sit 30 minutes.

Preheat oven to 325°. Place a 9" pie dish or 1½-qt. loaf pan next to the stove. Cook lemon juice, remaining ⅔ cup sugar, and ¼ cup water in a small saucepan over medium-low heat, stirring constantly, until sugar dissolves, about 5 minutes. Do not rush this step; if liquid boils before sugar dissolves, the caramel will never darken. Once syrup turns clear, stop stirring and increase heat to medium. Cook, swirling pan every few minutes, until caramel is deep mahogany and wisps of smoke appear. Immediately pour into pie dish. Quickly tilt pan to coat bottom and a bit of the way up the sides with caramel. Set inside a roasting pan or other ovenproof dish with high sides.

Whisk eggs in a medium bowl to break them up a bit. Reheat coffee mixture until steaming, then pour into eggs, whisking constantly to combine. Pour through a fine-mesh sieve into caramel-lined dish. Transfer to oven and pour enough boiling water into roasting pan to come halfway

up sides of dish. Bake until custard is set but still jiggles a bit at the very center, about 1½ hours. Let cool in water bath 30 minutes. Remove dish, cover with plastic wrap, and chill crème caramel until set, at least 4 hours and up to 2 days.

To unmold, run a thin-bladed knife around edges of dish, making sure tip of knife stays flush against bottom of dish. Invert a large plate over dish, then quickly flip. Slowly lift off dish; crème caramel should slide out. If not, tap plate against countertop until it does. Serve in slices with caramel spooned over.

Fresh Fruit with Cheese and Peppery Nuts

4 SERVINGS *This is ideal after it has sat for 15 minutes or so; the fruit juices will mingle with the dressing on the plate.*

- ½ cup coarsely chopped nuts
- 3 Tbsp. (or more) extra-virgin olive oil
- 1 Tbsp. (or more) honey
- Kosher salt, freshly ground pepper
- 2 tsp. (or more) unseasoned rice vinegar, divided
- 6 oz. semi-firm, salty cheese
- 1½ lb. ripe fruit

Combine nuts and oil in a small skillet and set over medium heat. Cook, stirring often, until golden brown, about 5 minutes. Remove from heat and mix in honey; season with salt and lots of pepper. Add 1 tsp. vinegar. Dressing should be sweet and fatty and lip-smacky and spiced. Adjust with more oil, honey, salt, pepper, and/or vinegar until you're pleased.

Break up cheese into pieces or thinly slice, as you wish. Cut fruit into ¼"-thick wedges or rounds and place on a platter or a large plate. Sprinkle with salt and drizzle with remaining 1 tsp. vinegar. Tuck in pieces of cheese; spoon dressing over (heat over low if needed to loosen).



Where Cooking Begins (Clarkson Potter, \$33) will be published in March and can be found wherever books are sold.



COFFEE CRÈME
CARAMEL

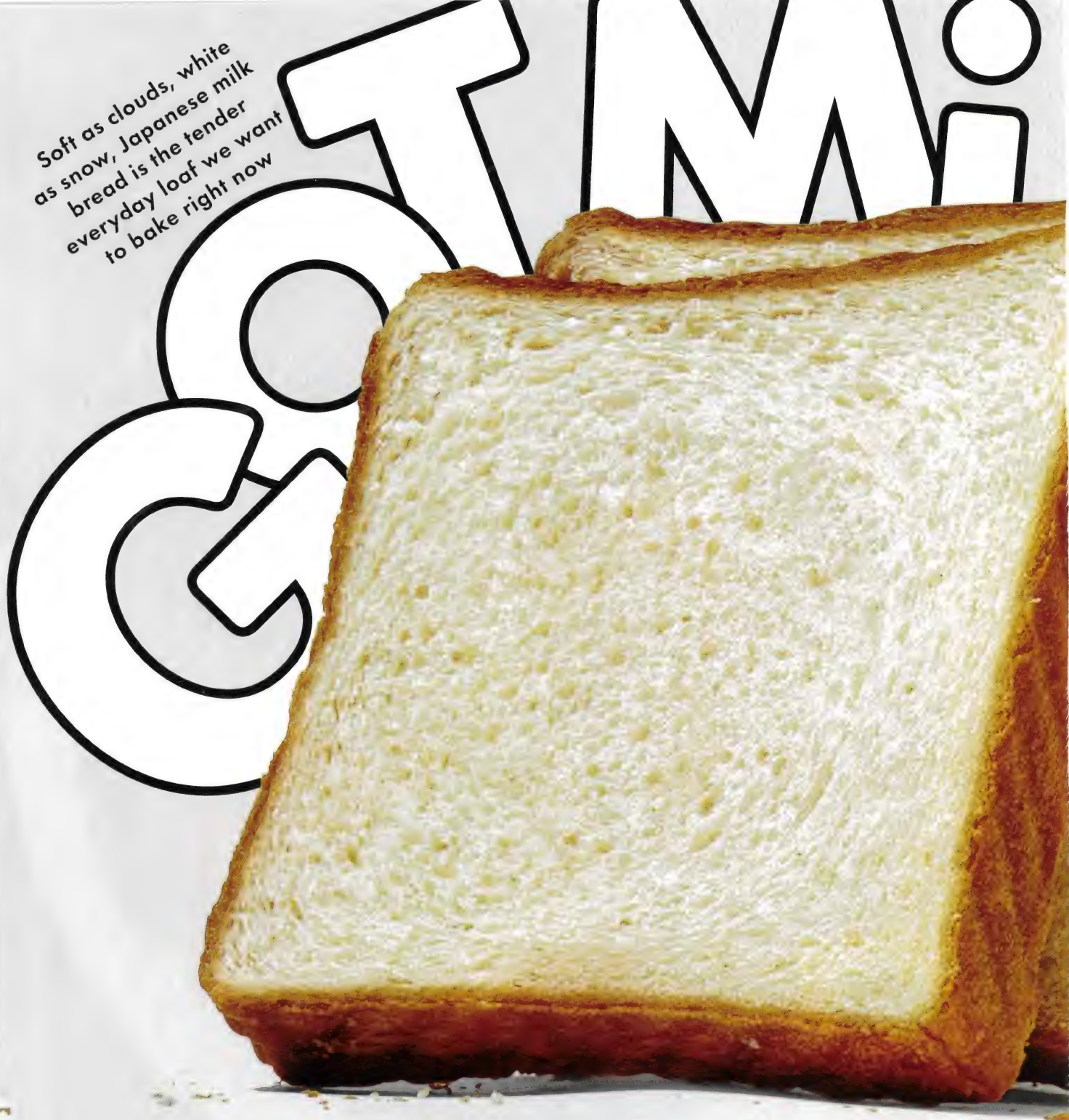
8.



Don't Overthink Dessert

I veer toward sweets that don't require fancy tools, expert skills, or baking-exclusive ingredients. Take this crème caramel: milk, coffee, sugar, eggs, lemon, and, okay, a vanilla bean. Don't get around to making dessert? There's always a need for breakfast.

Soft as clouds, white
as snow, Japanese milk
bread is the tender
everyday loaf we want
to bake right now



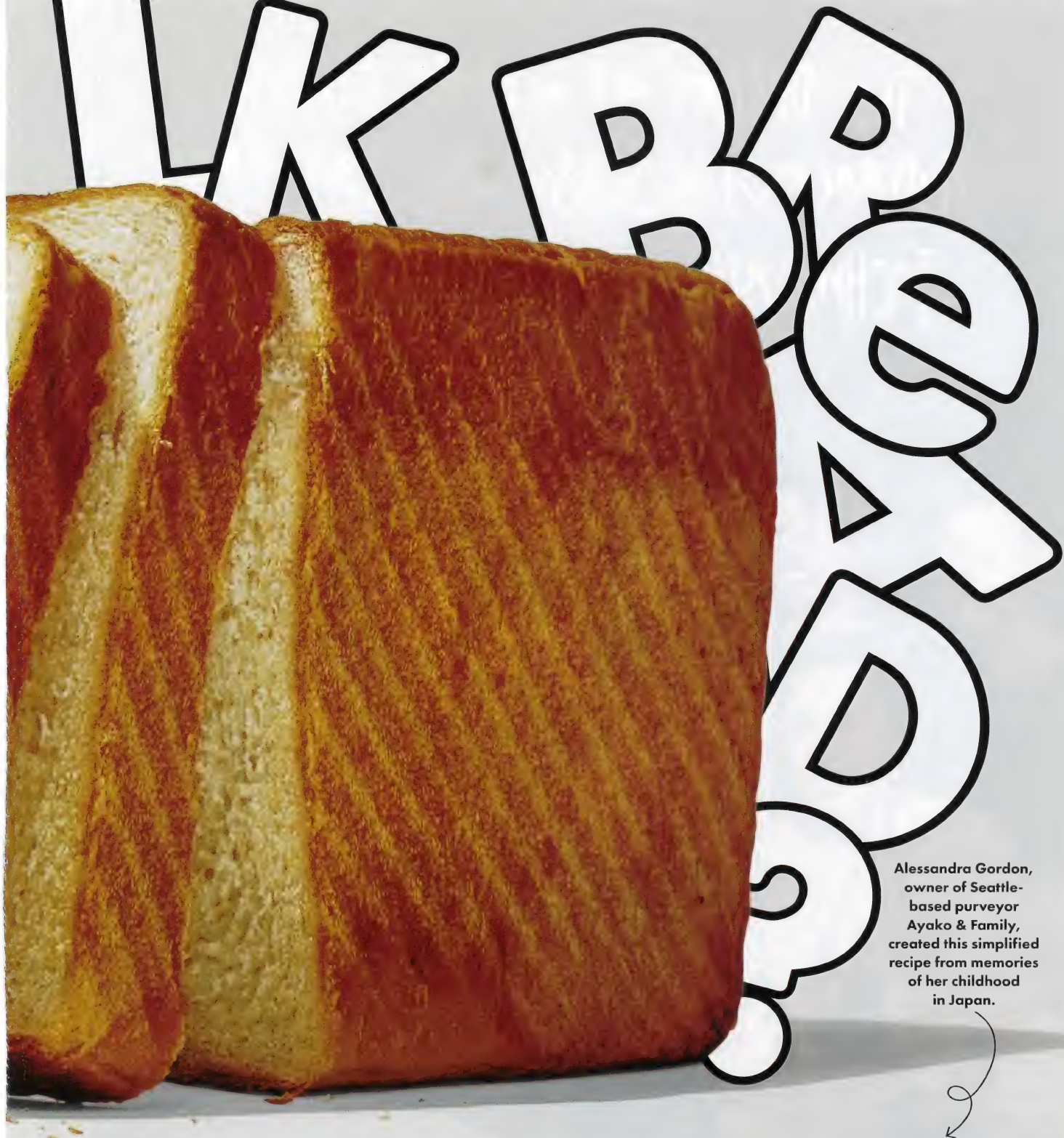
Milk Bread

MAKES TWO 9X5" LOAVES This recipe is an excellent excuse to buy a scale. But if you still want to measure out by volume, make sure to spoon the flour into the measuring cups and level off all ingredients—accuracy matters here. Using pain de mie pans creates a taller loaf with a crispier crust, but regular loaf pans will work as well. We streamlined the traditional spiraled dough shaping technique for ease.

- 2 $\frac{1}{4}$ -oz. envelopes active dry yeast (about $4\frac{1}{2}$ tsp.)
- 720 g ($5\frac{1}{3}$ cups) bread flour
- 34 g (3 Tbsp.) sugar
- 14 g (1 Tbsp. plus $2\frac{1}{2}$ tsp. Diamond Crystal or 1 Tbsp. Morton) kosher salt
- 34 g (2 Tbsp. plus $1\frac{1}{2}$ tsp.) unsalted butter, room temperature, plus more for bowl

Place a rack in middle of oven; preheat to 400° . Whisk yeast and $\frac{1}{2}$ cup warm water (about 90°) in a small bowl. Let sit until foamy, about 5 minutes.

Mix flour, sugar, and salt in the bowl of a stand mixer fitted with the dough hook on lowest speed. With the motor running, gradually add yeast mixture and $1\frac{1}{2}$ cups warm water (90°). Increase speed to the next level and mix until dough firms up into a mass around the hook (it should still be sticking to the bottom of the bowl),



Alessandra Gordon, owner of Seattle-based purveyor Ayako & Family, created this simplified recipe from memories of her childhood in Japan.

8–10 minutes. Increase speed to the next level; add 34 g butter in 3 additions, mixing 30 seconds after each. Mix until dough tightens and is smooth and elastic, 12–14 minutes.

Slap dough onto a surface with force (reserve bowl), then immediately pull some of the dough up and fold it over itself. Repeat slapping-and-folding process 2 more times, then form dough into a ball. Butter reserved bowl and place dough inside. Cover tightly with

plastic wrap and drape a kitchen towel over to keep warm. Let rise near oven (a warm, draft-free spot is ideal) until nearly doubled in size (dough should spring back slowly when you poke it), 30–45 minutes (time will vary depending on the warmth of your kitchen, but be careful not to overproof). Punch down dough, divide in half, and shape each into a ball.

Liberal butter two 9x5x5" pain de mie pans and lids or 9x5" loaf pans. Using your hands, flatten 1 ball of dough into a

9x6" rectangle. Starting with a long end, roll up like a jelly roll into a tube. Place in a prepared pan, nudging to fit snugly. Repeat with remaining dough. Cover pans with plastic wrap; return to warm spot. Let sit until dough is $\frac{1}{2}$ " from top of pan (don't let it rise higher or dough will deflate when you slide on the lids), 30–45 minutes. Remove plastic wrap; place lids on pans if using pain de mie. Bake bread until deep golden brown, 35–40 minutes. Turn out onto a wire rack and let cool before slicing.

THE DREAM of a MORE Ethical, HYPERACTIVELY SEASONAL, Ego-FREE, TECHNICALLY FLAWLESS Restaurant



Welcome to Cellar Door Provisions,
the perfect café that is positive it could be better

By JULIA KRAMER

Photographs by ALEX LAU



3

The one constant on the
Cellar Door Provisions
menu: the now legendary
quiche, served with a
little pile of greens from
Three Sisters Garden in
Kankakee, Illinois

Behind all the beautiful food at Cellar Door, you'll find (opposite, from left)
servers Maeve Coughlin and Breanne Johnson, line cook Bryant Nishida, shift lead Jennifer Sher,
line cook Dylan Heath, and co-owners Emily Sher, Ethan Pikas, and Tony Bezsytko.

The Quiche

THE CELLAR DOOR PROVISIONS quiche has the texture of just barely set custard, its crust made up of a million tiny unknowable layers of butter and flour. It is the only thing on the menu that does not change. And if you ask Gabe Moya, the chef de cuisine of this unusual little corner café in Chicago's Logan Square neighborhood, what he thinks about it, oh, he'll tell you.

First of all, despite the fact that he grew up in Puerto Rico, Moya is "not a custard person," doesn't even like flan—"and that's what the quiche is: a pie." Second: "It has, like, 900 calories per slice, and that's not counting the brisée." (He calculated this once.) Third, and most important: It bears little relation to the type of cooking—built around whatever vegetables are available and whatever others have fermented long enough—that Moya's actually interested in. "Any time there's a write-up," he says, taking a paring knife to the wilted stalks of a cardoon, "it's just bread, butter, quiche."

Cellar Door bakes four quiches a day (five on weekends), each of which is divided into ten slices. "I think we could probably sell more?" says Tony Bezsylo, one of the owners, in the form of a question, as if he'd never thought about it before. "But no one is going to have a good time making more quiche than that," he says. "What you're doing is not terribly engaging—you're buzzing milk, cream, and eggs." Also: "You don't want to taste tons of dairy all the time."

The quiche is based on Thomas Keller's recipe from *Bouchon Bakery*, which another of Cellar Door's owners, Ethan Pikas, learned while cooking at a fine-dining restaurant in Phoenix called Binkley's. Except at Cellar Door, the ratios are pushed to the brink: less egg in relation to cream and milk in the custard, more butter laminated into the pâte brisée, yielding a crust with puff pastry-like flakiness. The fat content in the dough is so high that you can't trim the edges before it's baked: Without the excess overhang serving as a counterweight, the dough would collapse in on itself. The custard is so delicate that the baked quiche has to chill overnight before it can even be sliced.

I have a lot of thoughts about Cellar Door: about why it's my favorite restaurant in Chicago, about why it's significant that it's in Chicago, about how it rejects and rethinks so many deeply ingrained aspects of restaurant culture. But

I think the quiche—both in its greatness and in its limitations—makes the clearest introduction to the very particular mentality of this restaurant.

The quiche tells you what uncommonly, absurdly, perfectionist-ly good cooking is going on at Cellar Door Provisions. But it also tells you that there's more to Cellar Door than creating the best possible version of something. It tells you that it also matters whether the cooks enjoy working on something. It matters that the food makes you feel good and healthy—not just as a diner but also as a cook. And the quiche matters so much that no compromises will ever be made to sacrifice its quality. "The more of something you make, the worse it gets," Bezsylo says. "I can't see any pleasure in having a quiche factory."

The Chef

NOW, A CONFESSION. Cellar Door Provisions has been my favorite restaurant in my hometown of Chicago for years, but until recently I could not have told you who the chef was. This might not seem that weird—plenty of people go out to eat without caring who the chef is—except that as a food writer, it's been my job for the past decade to know this type of information. It's also weird because the hype surrounding a new restaurant opening pretty much always revolves around who the chef is. How is it possible that some of the most original cooking happening anywhere in this country is at a restaurant that has never touted its chef as any kind of public figure, and in fact, for a long time, didn't really have a head chef in the traditional sense at all?

It goes back to 2013, when Pikas and Bezsylo signed a lease on a corner space in Logan Square, had a friend build two long wooden tables for the dining room, brought on two more cooks (Justin Behlke and Alex Truong), handwrote the menu on a roll of butcher-block paper, and, in February 2014, opened Cellar Door Provisions. There was no splashy press release. None of the articles written about the opening indicated who the chef was. Chicago's food scene is informed by who worked for whom: You come up under, say, Paul Kahan, or Mindy Segal, or Rick Bayless. The Cellar Door crew had none of this context.

Bezsylo had moved to Chicago in 2010 from Berkeley, where he was working on his dissertation in philosophy and riding his bike to Tartine Bakery three times a week. Unable to find good bread in Chicago, he studied the *Tartine Bread* book and began baking his own, two loaves at a time, then somehow 30 loaves a week, which he sold to friends out of his house in Humboldt Park.

Pikas grew up in the suburbs of Chicago, but the only experience he'd had at a local restaurant was doing a *stage* (the restaurant equivalent of an internship) at Alinea. The two had begun collaborating on "Bread Nights" at Bezsylo's



TOP ROW:
That croissant pull;
citrus-marinated
fish; line cook
Hailee Catalano
and lead line cook
Chuck Cruz.

CENTER ROW:
Bread and butter;
the scene;
confitted carrots.

BOTTOM ROW:
Pastry cook
Erin Koroll with
a stage;
whole wheat
pecan shortbread;
chocolate-
persimmon tart.



house: pop-up dinners built around the sought-after loaves. “After four dinners, we decided to open a neighborhood spot,” Bezsylo says, “with no real plan. I envisioned it as... my house.”

The place has never received a formal, starred review from a critic. And a “chef” is not something you would be able to easily identify in the open kitchen, which has often looked to me a bit like some kind of Oberlin College food co-op. In lieu of fancy, shiny equipment, there are jars of various shapes and sizes lining shelves set up wherever there’s space. On more than one occasion, I’ve seen more people shaping loaves of bread and laminating croissants than eating in the actual restaurant.

The roles “were not well defined,” Pikas says, looking back on the opening. “We didn’t want a traditional kitchen hierarchy.” Instead, what Pikas and Bezsylo wanted was true collaboration: weekly meetings to determine the menu, equal standing among all. As for the name, “We couldn’t think of a better one,” Pikas says with what I now understand to be nearly pathological humility. “It’s kind of a mouthful.”

Most people open restaurants so they can serve dishes they already know how to make. Cellar Door is not most restaurants. “It was a one-and-a-half-year endeavor of my figuring out how to make croissants,” Pikas says. Scones were a two-year project. Pikas doesn’t dabble; he drills down, writing detailed recipes in painfully neat handwriting on small pieces of notebook paper, then tweaking and rewriting them until he reaches something that approximates perfection. (I doubt he would ever consider anything he’s made perfect, or even finished for that matter.) In the first year, Bezsylo baked Cellar Door Provisions’s naturally fermented loaves.

▼ Oolong-plum laminated brioche



Not to sound like some San Francisco bread bro, but you literally could not find this type and quality of bread in Chicago in 2014, and it is still, in my opinion, the city’s best: for the crackly crust, for the unevenly holed crumb, for the tangy, sweet depths of its long-fermented flavor. I ask Pikas what makes Cellar Door’s bread so good, but of course, he pauses at the premise. “We are still learning it, honestly,” he says. “There are so many improvements we could make.”

Eventually the roles became more defined. Pikas is now officially the executive chef. Bezsylo’s title is sous-chef and assistant general manager. And in 2016, Emily Sher came on board, first washing dishes, then working front-of-house, and now as general manager and a partner. Still, you get the sense that Pikas and Bezsylo are constitutionally resistant to any inference of hierarchy. “I’m uncomfortable representing the restaurant as ‘my’ thing,” Pikas says. “I’m in this process of learning as a cook. I’ve never felt like ‘I’m a chef.’”

III The CaRdoons

CELLAR DOOR PROVISIONS opens on Wednesday at 8 a.m., and as usual, there is no one waiting to get in. A lot of things are going on in the kitchen that I can’t really follow. Chuck Cruz, the lead line cook, is frying buckwheat groats and talking with Hailee Catalano, a line cook, about buying a goat. They also happen to be a couple; “we always work the same station,” Catalano says. Someone offers me a spoonful of peach-leaf syrup (clean and vegetal), then a hunk of red kuri squash that’s been lacto-fermenting for two days (practically carbonated), then a sip of something labeled “sunchoke milk” (the most cereal-y of cereal milk).

Moya, the chef de cuisine, is cleaning a vegetable I’m pretty sure I’ve never seen in its raw incarnation before, which looks like oversized hardy greens that have been left to wilt in the fridge: cardoons. “I don’t think anyone else buys this from this farmer,” he says, admiring the grayish-green stalks. I hesitate to say this to Moya, but even after the considerable amount of time he spends elaborately cleaning and trimming the cardoons, they still look like sad celery.

Over the two days I spent interviewing the Cellar Door crew, here are some words no one ever said: *local, sustainable, organic, seasonal, farmers’ market*. This type of sourcing is so core to the Cellar Door project that it all simply goes without saying. Of course, the commitment to this ethic is visible everywhere—even in the quiche: the eggs from Mint Creek Farm, the cream from Kilgus Farmstead, the little pile of greens alongside from Three Sisters Garden, all in central Illinois.

Unlike other restaurants that hype their farmers or their larders, at Cellar Door you kind of have to pry to fully understand what is going on with the food. A brussels sprouts salad, for instance. You can guess that the sprouts



▲ Bollito misto with pork tongue, cabbage, and a soft-boiled egg

are from a nearby farm. You can see that they're prepared two ways: the outer leaves blanched, the interior hearts roasted. But what are the powders on top? "A little bit of sumac and dehydrated ramp-root powder," Pikas says. And what is the sauce underneath? That's a purée of turnips and house-made tahini. Oh, and the leaves are dressed in sunchoke oil—which is just the sunchoke scraps they've been amassing, infused into sunflower oil at a really low temp—and seasoned with the liquid from a jar of pickled turnips. "That's one nice simple dish," Pikas says.

At dinner, which Cellar Door began serving on Friday and Saturday nights in 2017, the menu changes weekly. There might be confitted celery root with blood oranges, and a Sardinian-style dumpling filled with ricotta, and cultured brined butter—wait, I haven't even gotten to the butter. Cellar Door makes its own, using cultured Kilgus cream mixed with a crème fraîche culture they've had going for five years now. But because they can't just serve their regular house-made cultured crème fraîche butter at dinner (where's the fun in that?), they whisk some brine into it—you know, like from the Napa cabbage they've got lacto-fermenting—to create an extra layer of, well, I don't know what it is, but it's definitely something.

If Cellar Door were a band, its catalog would be divisible into two categories. The first would be the Top 40 hits that everyone loves and immediately understands: quiche, cup of coffee, the canelé with its deeply burnished shell and custardy insides. You taste it; you get it.

But there's a whole other category: the deep cuts, the experiments, the not-crowd-pleasers. And like any good artist, Cellar Door is driven by its indefatigable commitment

to this genre of cooking. The intensity of this mission—to create new dishes built around vegetables, day after day—is what invigorates Cellar Door. But...well, you know the myth about Icarus. I'll be honest: The savory food at Cellar Door can occasionally fly a little too close to the sun. Everyone there admits as much. "The food got kind of unhinged" at times, Sher says. "It kept the community rather small."

Not to mention, this can all be rather exhausting. "Sometimes we're like, Who's making us do this?" Sher says. "Oh, us!" It's not just the grind of it but also a philosophical objection: "Obsessing over technique is often a way of projecting my ego into food," Pikas says. "If it's possible, I want to get away from ego in food. Simple food can be more emotive than highly technical food."

In an effort to make some of the recipes "less involved," the team decided to serve a dip. Pikas describes the recipe to me, which begins with blanching cardoons, rugged and fibrous as they are, five to six times. Could they not have made a dip with...something else? "We get interested in vegetables that aren't selling," Pikas explains, not to mention that cardoons fit a very particular Cellar Door flavor profile, which leans bitter, strong, and very determined.

IV The City

IN SEPTEMBER OF 2018, a coffee shop called Four Letter Word opened across the street from Cellar Door Provisions. "Someone was like, 'Hey, aren't you upset that a coffee shop opened across the street?'" Bezsyloko tells me. "Isn't that going to take away from your coffee sales?" He had to explain to them: "I asked for that to happen. I *want* them to sell coffee."

Bezsyloko had seen that the space was available and reached out to Ria Neri, the roaster behind Four Letter Word, whose coffee Cellar Door had been brewing since 2016.

"Chicago's a place where you can do that," says Bezsyloko.

That's something I think about: how Chicago makes Cellar Door possible, and how Chicago makes Cellar Door sometimes nearly impossible. Around the time the restaurant opened, the food-media universe was hitting the era I remember fondly as Peak Sqirl, the nationwide infatuation with Jessica Koslow's delightful L.A. café. Meanwhile, in our office in New York, it was as though there were only one restaurant in all of Manhattan: Gerardo Gonzalez's El Rey, with its way-beyond-coffee-shop food. What might have happened had Cellar Door opened in, say, Silver Lake, or the Lower East Side? Would "The Quiche" have taken on the cult status of Koslow's Technicolor toast or Gonzalez's almond-milk Kale Caesar? In a city more hyped up on vegetables, would there have been lines out the door to see what new dishes would land on the Cellar Door menu each week, what today's riff on turnips might be?

Or could Cellar Door exist only in Chicago? Away from the excessive media hype of NYC and L.A.? Here—unlike Sqirl or El Rey (RIP)—a restaurant of this caliber has remained a true neighborhood spot, a place where a regular can come and sit for hours, even on weekends. A place that can try things out and evolve at its own pace, without the pressure of expectations. A place that hasn't spawned another place. A place that is not pushing merch. A place that has never been nominated or short-listed or even really mentioned in the same breath as a James Beard Award. "Even now we're not always busy," Pikas says. "There's a two-hour slot on our weekday mornings when there's never anyone in here."

Why is that? I called Jason Hammel, who pioneered the whole Logan Square farm-to-table all-day-café thing, like, 20 years ago at Lula Cafe. He called me back—after just having left Cellar Door, where he'd grabbed a scone. "There's never a time I'm in there that I don't see someone else who's a chef or cook or front-of-house person," he said of the small but devoted community that has sustained the restaurant over the past five years. Hammel mentioned multiple times how envious he was of Cellar Door: "They continue to do what they do without the notion of expanding, and I don't just mean in space—I mean in offerings, in when they're open. Their growth is deeper; they're digging down."

While Cellar Door itself hasn't expanded, Bezsylo has somehow managed to spread its vibes out onto this quiet residential stretch of Diversey Avenue, which feels farther away than it actually is from the new barcades and taprooms in the heart of Logan Square. When the space next door to Cellar Door opened up, Bezsylo connected the building's owner with Bradford Taylor, the owner of the cult wine bar Ordinaire in Oakland, who'd recently moved to Chicago and become a regular at Cellar Door.

"Cellar Door very much jibed with my ideals at Ordinaire," Taylor says. Plus: "I just love when I walk into a business and I can see that they are making choices that are financially ridiculous." In May 2018, Taylor opened Diversey Wine shop next door.

The previous year, Cellar Door had completed a major renovation, replacing its original chairs and tables with minimal blond wood ones, launching BYOB dinner, and building a neat little interior passageway between its dining room and the wine shop. Now Cellar Door has a liquor license, and Taylor puts together the café's by-the-glass list of whatever-he's-into-at-that-moment natural wines, while customers can still pick out any bottle of wine from Diversey and open it at Cellar Door for a \$10 fee.

The result is a trio of like-minded businesses whose boundaries blur. The morning I was in the kitchen at Cellar Door, Moya was running a tray of pastries—craggy scones, chubby hunks of apple coffee cake—across the street to Four Letter Word. In the afternoon I met Sher there for an interview; it's basically her office. I asked Neri, the Four Letter Word owner, whether she ate often at Cellar Door, and she paused before offering a tepid "yes."

"How often?"

"Sometimes twice a day." Her roaster, Ari Sofiakakis, has set the record for most visits to Cellar Door in a single day: five.

The Dream

I DUG THROUGH THE MUD of the internet to find what I think is the earliest mention of Cellar Door, from a short post on Eater in December 2013. The second line is a quote from Bezsylo: "We hope to question some of the standard assumptions of the restaurant industry. Assumptions to do with capital, working conditions, waste, and perhaps even the very purpose of restaurants in our culture."

Who says that to a reporter from Eater who's just trying to find out what day your restaurant is opening?

I call up Bezsylo. "I don't remember that at all," he says.

"How do you challenge those assumptions?" I ask.

"You know what you should read?" he asks in return. I'm thinking he might point me to an Audre Lorde text; Sher had sent me one she liked. Instead, he starts summarizing a review from Cellar Door's Yelp page: "From what I understand, the owners started this place purely out of a passion for food and experimenting with it," writes Avita T. "It was really not started to be a business, and so the restaurant does close relatively frequently, erratically."

Bezsylo objects to the reviewer's claim of erratic closures, but otherwise he loves her description. "There's something about the ethos of the place that challenges a lot of assumptions about the bottom line," he says. To start: He, Pikas, and Sher have not taken a profit. (Related: Cellar Door has never turned a profit.) Second: "We invest in our labor as heavily as we can," paying their employees more than they pay themselves, giving their staff two days off in a row, and closing for a week three times a year so no one has to worry about getting time off with their families at Thanksgiving or Christmas. Third: They have practically no investors, so they can base their decisions on their principles—not on what will yield a return.

I ask Bezsylo if running a restaurant for five years has tempered any of his idealism. "If anything," he responds, "I've become more idealistic about what a restaurant can do." The values at Cellar Door have "been aspirational—because the restaurant has been hanging on by a thread cash-wise," he says. Bezsylo now sees being a little more of a business as a way to realize those values—of paying people more, of one day being able to provide health insurance for his staff. "I've become even less cynical," he says, then quickly corrects himself. "I guess I've never been a cynic."

Sher, Pikas, and Bezsylo are constantly self-reflecting. How do we make more money without pricing people out? How do we find funds for staffers for professional development? How do we get more people to come in for dinner?

That last question seemed to be top of mind on my trip to Chicago in November, soon after which Cellar Door decided to change its prix fixe dinner menu to an à la carte format.

"We're still figuring it out," Sher said. "That's what we always do." ■



Their Little CORNER of the World



Cellar Door and its neighbors have formed a very interconnected ecosystem. Pastries from Cellar Door are sold across the street at Four Letter Word (owned by Ria Neri, in gray sweater at left); bottles from Diversey Wine (owned by Bradford Taylor, above in blue shirt) can be brought to Cellar Door for a \$10 corkage fee; and everyone hangs out everywhere.



bon appétit

FOODCAST

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Wine Therapy

A beginner's guide to
buying wine confidently
(and having more fun
drinking it)

by SARAH JAMPEL

PHOTOGRAPHS BY ALEX LAU

MARCH 2019 - 91



PICK A STORE AND BECOME A REGULAR

The world of wine is huge, so it's easy to feel like a small fish in a giant pond. The easiest way in? Find a smaller pond. Pick one shop (focused on wine, preferably from small and independent producers) and make yourself a regular. Not only will this help you get to know the selection, it will make talking to the staff feel like a conversation, not a geography lesson.



WINE APPS AREN'T JUST FOR DADS

Can't remember that amazing bottle you had last week? There's an app for that. (Sorry!) Snap a photo and save it on Hello Vino or Delectable. You'll get ratings from other people who've tried it, but most important, you can add your own notes (how it tasted, where you got it) that'll help jog your memory later on.



2

Branch Out

When we're not at our home-base wine store, these are some of the reliable, less-obvious types we ask for.

Austrian Wines

Affordable, tasty, and fun to say. Red-wise, Zweigelt tends to be on the easy-drinking side, while Blaufränkisch leans darker. In the white corner, Grüner Veltliner is a racy, thirst-quenching crowd-pleaser.

Loire Rosé

Pink wines from Provence, in the South of France, are famous for a reason, but we're more stoked about rosés coming out of the Loire Valley—they're more interesting and usually overdeliver for the price.

Nero d'Avola

Wines made from this grape—native to the southern Italian island of Sicily, and less well-known—tend to be dry, medium-to full-bodied, and packed with spicy, peppery flavor. Pizza, pizzal

Vinho Verde

From Portugal, Vinho Verde—literally “green wine”—is about as fresh as they come and often the best option in the sub-\$10 range. Bright, tropical, and lightly sparkling, this is party wine par excellence.

Crémant

Crémant, which is made in the same style as Champagne but can come from other regions in France, is every bit as delicious as its famous cousin, but affordable enough that you can pop bottles on a Tuesday.

4

The Best Wine to Pair with That? Whatever You Like to Drink!

You can go down an anxious rabbit hole trying to follow the “rules” of pairing wine with food. Bottom line: Drink what you like with whatever you like. Steak with Riesling? Great! Pinot Noir and a seafood stew? Do it. Your dinner, your wine, your rules.



Rabbit Two-Step Waiter's Corkscrew, \$10; amazon.com

3

How to Talk About Flavor (Without Sounding Like a Try-Hard)

Not sure what you're looking for? Here's how to tell your new best friend at the wine shop what you like in a bottle.



FRUIT

A strong place to start. Do you want something bright and fresh, like just-picked berries or tropical fruit, or dark and dense, like dried fruit or jam?



BODY

How wine feels in your mouth. “Light-bodied” wines are vibrant and easy-to-drink, whereas wine that’s “full-bodied” is heftier and more of a mouthful.



SWEETNESS

This spectrum—from bone-dry to dry to off-dry to sweet—is defined by how much sugar is in the bottle but also how it tastes in relation to a wine's acidity.



ACIDITY

All wine is acidic—but there's a range. Some wines have a tartness that makes your mouth pucker, while less acidic ones taste rounder and richer.



TANNINS

You know how oversteeped tea makes your mouth feel dry? Tannins! A bit of that bitterness adds complexity and helps balance other flavors.

5

Your Red Wine Is Too Damn Warm!

You heard us. You don't want it cold-cold but not radiator-temperature either—the bottle should be cool to the touch. Our trick? Store your reds in the fridge and pull them out 30 minutes to an hour before serving.

6

How to Chill Wine on the Fly

The fastest method for chilling a bottle is to plunge it up to the neck in a vessel full of ice and water for 15 minutes. No ice? Stick it in the freezer for half an hour (don't bother wrapping it in a damp towel).

7

The One Tool You Really Need

Forget aerators and battery-operated cork removers—the only nonnegotiable is a two-step wine key (a.k.a. waiter's corkscrew). It's the industry standard, easy to use, and cheap enough that you can buy two.

recipe index



It's vegetarian,
made from leftovers,
and...it's awesome.
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sourcebook

TRAVEL PLANNER

DESTINATION:

HONG KONG pp. 35–38

BEET 6 Kau U Fong;
+852-2824-3898;
beetrestaurant.com

THE CHAIRMAN 18 Kau U Fong;
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thechairmangroup.com

THE CHINNERY 5 Connaught Rd. Central;
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THE OLD MAN 37 Aberdeen St.;
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mandarinoriental.com

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+852-2541-9769

VEA 198 Wellington St.;
+852-2711-8639; vea.hk

YAT LOK 34–38 Stanley St.;
+852-2524-3882

AWAY pp. 43–48

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504-605-3827;
bywateramericanbistro.com

COMPÈRE LAPIN 535 Tchoupitoulas St., New Orleans; 504-599-2119;
comperelapin.com

HO FOODS 110 E. Seventh St., NYC; 347-788-0682;
hofoodsny.com

KONBI 1463 Sunset Blvd., Los Angeles; 213-278-0007;
konbila.com

MELFI'S 721 King St., Charleston; 843-513-0307; eatafmelfis.com

THE LIST

by BON APPÉTIT

YOU, ME, AND KIMCHI

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THE GOOD FORK 391 Van Brunt St., Brooklyn; 718-643-6636; goodfork.com

INSA 328 Douglass St., Brooklyn; 718-855-2620; insabrooklyn.com

GOT MILK BREAD? pp. 80–81

AYAKO & FAMILY For information, go to ayakoandfamily.com

CELLAR DOOR PROVISIONS

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CELLAR DOOR PROVISIONS

3025 W. Diversey Ave., Chicago; 773-697-8337; cellardoorprovisions.com

DIVERSEY WINE

3023 W. Diversey Ave., Chicago; 773-360-8365; diverseywine.com

FOUR LETTER WORD

3022 W. Diversey Ave., Chicago; 773-360-8932; 4lwcofee.com

THE LAST BITE

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VIA CAROTA 51 Grove St., NYC; viacarota.com

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Turmeric Curry Basmati Rice with Mackerel

4 Servings

Ingredients:

- 4 tablespoons olive oil, divided
- 2 cups fresh herbs such as parsley, chives, tarragon, cilantro
- Kosher salt, black pepper
- ¼ cup sunflower seeds
- 2 cloves garlic, thinly sliced
- 1 teaspoon curry powder
- 1 teaspoon turmeric powder
- 2 cups basmati rice, rinsed and drained
- 1 tablespoon lemon juice
- 4 6-oz boneless, skin-on mackerel fillet

Directions:

Preheat the boiler on high.

Heat 3 tbs oil in large saucepan over medium heat. Fry herbs 4 minutes. Toast sunflower seeds, 1 minute; remove. Season with salt and pepper.

Add garlic, cook 3 minutes. Add curry and turmeric powder, rice, lemon juice, and 2 cups water, cover and simmer 9 to 11 minutes.

Season mackerel with salt and pepper and 1 tbs oil. Broil mackerel 10 to 12 minutes.

Turn the rice onto a platter and fluff with a large fork. Top with fried herbs and seeds and serve with mackerel.

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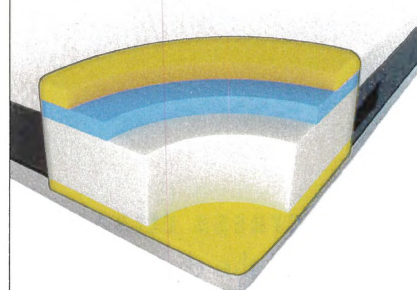
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Elisabeth Moss

What's your ideal comfort food?



► **ACTRESS ELISABETH MOSS** takes on emotionally draining projects. There's the dystopian drama *The Handmaid's Tale*, the new horror-thriller *Us*, and *Her Smell*, where she plays a drug-addicted rock star. After long days on set, Moss craves comfort—like cacio e pepe. "It's a simple dish, but it's hard to make well—not too cheesy and not too spicy," she says. Her ideal is at Via Carota in NYC, which is "hands down the best—I keep trying other places, and nobody makes it as good as they do." Not all that research is a bad thing: When you have to cry on command as much as Moss, you're bound to eat many bowls of pasta. —ALYSE WHITNEY

THE VITALS

Hometown
Los Angeles

But switched
coasts to live in
New York City

Can't resist
Banana bread

Always in the fridge
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and old takeout**

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Caprese salads

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